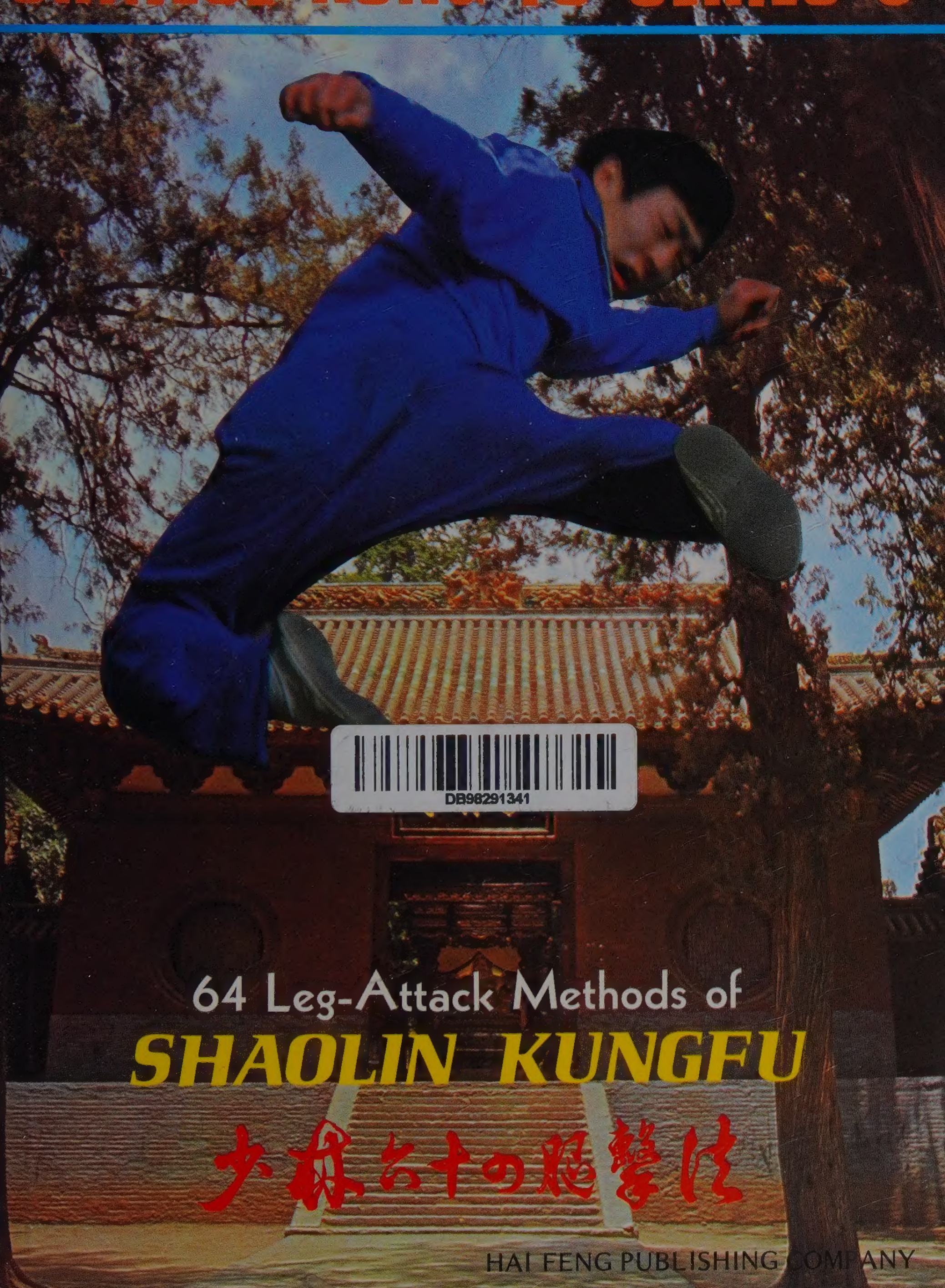
CHINESE KUNG-FU SERIES 3





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SHAOLIN KUNGFU
少林六十四腿擊法

By Wang Xinde
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Chinese-English

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作者簡介

本書作者王信得先生，今年三十八歲，是浙江頗有名氣的武術、氣功師。他受業的少林金剛禪自然門，是國內罕見的武術與氣功相結合（禪拳合一）的一個武術流派。

王信得先生自幼酷愛武術，五歲時便跟其父學練功力拳、大小洪拳之基本功。七歲拜師學華拳。十五歲時，被由四川云游至杭的金剛禪自然門靜悟禪師發現，收留爲徒。從此，他日日上學讀書，子夜習武，不到一年功夫，他跟老師學得三十二個武術套路，深得老師的賞識。接着，老師又授其氣功六大法，即：外三法的身法、息法、心法；內三法的神法、聲法、和法。自此，他將武功與氣功結合起來。在靜悟老師的精心教授下，經過六個寒暑，王信得武功和氣功都得到了深湛的造詣。

恩師圓寂之後，王信得先生謹遵師教，十年苦修，不爲人知。一九七九年王信得出任浙江省武術隊散打教練，他僅以數月時間訓練出來的散打隊，首在廣西省南寧市全國武術觀摩交流大會上露面，後又應邀赴北京和在第四屆全運會上表演，博得武術界和廣大觀衆的高度評價。從此，少林金剛禪自然門才開始與世人見面。在一九八一年舉行的全國武術觀摩交流大會上，他又被邀爲大會的評議員。

王信得先生在任浙江隊散打教練時，還向武術隊傳授了蛇拳三路，此拳是金剛禪自然門護山七拳之一，外柔內剛，造型美觀，別具一格。女武術隊員沈淑娟曾以此拳在一九八〇年、一九八一年的全國武術表演賽上，分別獲得第五名和第一名。一九八一年出訪西歐五國時，受到國外觀衆的熱烈贊賞。另一女隊員張小燕，一九八

〇年出訪日本，轟動了日本武壇。王信得的得意門生計春華，曾在電影《少林寺》中，扮演了"禿鷹"的角色。

王信得自一九六七年開始用氣功爲人探病、治病，一九八〇年四月，他專門從事氣功研究工作，已先後舉辦過八期每期百餘人的氣功學習班，聲譽越來越高，成爲浙江氣功界的風雲人物。

純　本

按：至今已辦班八期，每期最多人數二百餘人，一般一百五十餘人，故每期平均人數爲百餘人。

About the Author

Mr. Wang Xinde, thirty-eight, is a *Wushu* and *Qigong* master well known in Zhejiang province. He received the training of "The *Jingang-Chan* Natural School of Shaolin Martial Arts", which is a combination of *Wushu* and *Qigong* (i.e. a combination of meditation and fists) rarely seen even in China.

From very young, Mr. Wang ardently loved *Wushu.* At five he learned from his father the essentials of *Gongliquan* (a skill exercise), *Dahongquan* and *Xiaohongquan.* At seven he received training of *Huaquan* and at fifteen he was picked up by Jingwu Chanshi, a Buddhist monk of *Jingang-Chan* Natural School, who was roaming Hangzhou from Sichuan. Thereafter, he became Jingwu's disciple. Every day he went school during daytime and practised Wushu in the evening. In less than a year's time, he mastered thirty-two *Wushu* routines and came into Jingwu's good graces. Then, Jingwu taught him in secret the six major skills of *Qigong,* i.e. the three outward skills — the work of body, the work of breath and the work of concentration; and three inward skills — the expression, the sound and the concord. Eventually he combined *Wushu* and *Qigong*. With the meticulous teaching by Jingwu and through six months' painstaking practice of his own, Wang perfected the skills of great attainment either in *Wushu* or in *Qigong.*

After the demise of his beloved teacher, Wang Xinde strictly adhered to Jingwu's teaching and trained himself very hard for ten whole years, without the knowledge of the outside world. In 1979, he took up the post of combat coach for the Zhejiang Provincial Wushu Team. Under his training, a scattered combat team came into being within a few months. The team made a debut at the national Wushu emulation exhibition which was

held in Nanning, Guangxi province. Then they were invited to perform their skills in Beijing and at the Fourth National Games, and won high praise from the *Wushu* circles as well as from the broad masses of audience. From then on, the *Jingang-Chan* Natural School of Shaolin Martial Arts came to the knowledge of the ordinary people. In 1981, he was invited to be a judge at the national Wushu emulation exhibition.

While he served the Zhejiang *Wushu* team as the combat coach, he imparted the trainees "Three routine snake boxing." This is one of the seven protective skills of the *Jingang-Chan* Natural School. It has a unique style with graceful stances, which look outwardly gentle but inwardly strong. With this skill consummately performed, a girl trainee of his team called Shen Shujuan won the fifth and first places respectively in the 1980 and 1981 national Wushu exhibition competitions. She also won warm applause from foreign audience when she displayed her skill in some European countries in 1981. Another girl trainee called Zhang Xiaoyan made a sensational display of her skill in Japan when she visited the country in 1980 and was warmly applauded by the Japanese circles of combatant arts. Still another favourite disciple of Wang Xinde called Ji Chunhua played a role of the "bald eagle" in the famous film "Shaolin Temple".

Since 1967, Mr. Wang has applied *Qigong* in examining patients and curing their illness. In April 1980 he was specially engaged in *Qigong* research and has since sponsored five times the *Qigong* training class successively, with almost one hundred participants each time. Now he enjoys increasing prestige and becomes famous in the Zhejiang *Wushu* circles.

Chun Ben

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前　言

凡地球上的生物，爲其自身之生存，就必須鬥爭。在漫長的歷史過程中，人類爲了保存和發展自己，也需要掌握求生和自衞的本領；武術就是在這樣的背景下應運而生的。

中國的武術，已有幾千年的歷史。其中經過廣大羣衆的不斷實踐，武術家的細心雕琢，內涵日益豐富，形式日趨完美，技藝日見精臻；近代武術不僅是一項克敵自衞的手段，也是一項風格獨特的民族形式的體育運動。

武術是由踢、打、擒、拿等基本格鬥動作，按照攻守進退的需要和動靜疾徐、剛柔虛實的勁力規律，組編而成的徒手的、器械的各種套路和散打搏擊術。而散打搏擊尤爲中國武術之精粹，具有强烈的對抗性。隨着我國同世界各國的文化交流，武術早已遠佈海外，散打搏擊也在一些國家和地區相繼開展，在東南亞已被列爲競賽項目。運動員們你攻我防，激烈的格鬥，精巧的技法，一招一式，無不扣人心弦，引人入勝。取材於散打搏擊術拍製的“功夫片”，很受廣大羣衆的歡迎。

少林金剛禪自然門是我國一個罕見的武術流派，其技擊理論，內外功法別具一格，尤以腿擊見長。本人受業先師靜悟禪師有年，粗通少林金剛禪自然門諸功法，其中包括一百零八腿擊法。爲使這一門武技得以流傳，並在武術運動的開展中貢獻一份微薄的力量，本人不揣淺陋，擬將所學逐次拾綴成章，奉獻於武術前輩、同行及讀者面前，以求指正。

本書乃研究金剛禪自然門常用腿法之作，對於常用的各型腿擊

方法、形勢判斷、行進路線、勁力運用、連續組合等問題，均試爲探討，以作爲介紹少林金剛禪自然門諸功法的初步嘗試。腿法中尚有“地趟三十二腿法”及“十二絕命腿”，俟來日另册介紹。

此外，需要說明一點的是：作爲競賽項目的散打搏擊，爲了人身的安全，要訂出相應的規則，對一些危險動作和技法加以必要的限制。而本書是從介紹傳統技法出發，只着眼實用，沒有考慮到競賽中的忌避，希有興趣學習此腿擊法之諸君，演練時注意。

王信得（智及）
一九八二年二月

Foreword

Every living being on earth must struggle for existence. In the long history of mankind, men have developed their faculties for self-defence in order to exist and develop, which explains the emergence and flourishing of *Wushu*.

With a history of several thousand years, *Wushu* has been practiced by the broad masses of the Chinese people and cultivated by the many *Wushu* masters, who have contributed to enriching its content, refining its forms and perfecting its skills. Modern *Wushu* is not only a means to fight against the enemy in self-defence, but also a form of physical training with a unique national style.

Wushu is a kind of combat art, with or without weapons, made up either of a set series of or free movements of offence or defence which blend motion with stillness, swiftness with leisure, vigor with gentleness, and feint with real attack. Having the greatest combativeness, free-style combat art is the cream of Chinese *Wushu*. Through cultural exchanges with foreign countries, *Wushu* has long been spread far and wide overseas, and the free-style combat art has been adopted as a formal item of contest. The highly skilled and fiece fighting of athletes is always arresting and exciting. The so-called "*Kungfu* film" based on the free-style combat art enjoys much popularity.

The *Jingang-Chan*（金剛禪） Natural School is a rarely seen school of *Wushu* in China with a unique combat theory and a set of inner and outer skills, especially the leg-attack skills. Being a follower of the late Monk Jingwu for years, I have learned roughly the various skills of the *Jingang-Chan* Natural School including the 108 leg-attack methods. In order to popularize this rare school of combat art and do what little I can for the general

development of *Wushu* in China, I have compiled, despite my meager knowledge, what I have learned into this book and am eager to accept comments and criticisms from the readers, especially the older generation of *Wushu* masters.

The present book is a preliminary study of the sequence and combination of movements, the exertion of strength, and the correct judgement of the combat situation involved in the 64 leg-attack methods, and serves, I hope, as an introduction to the various skills of the *Jingang-Chan* Natural School. The remaining 44 leg-attack methods, namely the "32 Leg-Attack Methods on the Ground" and the "12 Fatal Leg-Attack Methods," will be described elsewhere.

I should mention in passing that free-style combat as an item of contest should, for the safety of the combatants, work out stipulations restricting the use of dangerous movements or techniques. Readers who are interested in the practice of the 64 leg-attack methods should bear in mind that for the purpose of introducing traditional skills applied in actual combats, the author has not taken into consideration the taboos in a contest.

Wang Xinde
Feb. 1982

少林金剛禪自然門簡介

“少林金剛禪自然門”，是中國的一個罕見的武術流派。該派既以“少林”爲宗，其源出當然也應該是嵩山的少林寺；但它長期流傳於四川一帶，踪跡隱密，世人很少知者，連其譜系也已很難查考。據說，在唐代，四川成都西南的一座山上有座宏偉的寺院，名曰“安浦寺”，是爲該派的祖壇。近代傳人靜悟禪師，曾是四川“寶龍寺”的當家和尚。

金剛禪自然門雖認宗少林，但與其他少林流派却有很大的不同。其一，各派少林皆稱中國佛教禪宗初祖達摩爲少林武術的創造人；而金剛禪自然門則奉少林寺第一代住持跋陀爲祖。其二，各派少林都是武、教分離，武功是武功，教義是教義，看不出武功與教義有什麼內在聯繫；而金剛禪自然門則是以教義指導武理，禪理與武功互相融合，互爲表裏。其三，從佛教派系看，少林武術出自禪宗門庭；而少林金剛禪一派却是既修禪宗，又修密宗，稱之爲“禪密合修”。

金剛禪指示成像是一個圓圈。圓圈一分爲二爲陰陽；二分爲四爲陽中有陰，陰中有陽。圓圈中兩條曲線交叉，表示陰陽互相依存，對立而又統一。這就形成了“卍”形的圖像。金剛禪既以此圖像說明宇宙萬物生化極變之理，也以此圖像表示的禪理爲指導，闡述其武理與功法，連自然門的技擊動作都與此圖像緊密相關。

“金剛禪自然門”這一名稱何解呢？金剛禪的核心是一個“禪”字。“禪”是天竺語“禪那”的音譯簡稱，意譯爲“靜慮”或“思維修”。金剛禪說認爲：人的本性原本清淨，與佛性是一致的。只

因爲外界七情六慾的干擾而“著相”，人的內心被擾亂了，因而迷失了本性。通過持戒習禪，內視自心，在靜悟中則可擺脫種種“著相”，由亂返淨，從而悟徹自性。從這一點講，金剛禪之“禪”與禪宗“直指人心，見性成佛”之禪，意義幾乎是一致的。持戒習禪，由“戒”生“定”，由“定”達“慧”，最後可以求得“無上妙智慧”，達到“無所爲而又無所不爲”之境。

此“戒、定、慧”三學，也是金剛禪自然門所遵循的氣功基本原理。該門派的近代傳人靜悟禪師曾指示弟子說：“煉性是禪，練氣是禪，練形是禪，練功是禪。凡此四練，皆可稱禪”；金剛禪自然門的所有內涵，“即此四禪”。從這段話中可以看出，金剛禪之禪理，不僅是該門派氣功與武功的指導，而且是氣功與武功的內容，是與氣功、武功融爲一體的。簡而言之，禪即功，功即禪。

“金剛”爲石中之最堅利者，“雖歷百劫千生，覺性不壞”。以金剛之堅，喻禪之功，以金剛之利，喻禪之用；說明金剛禪功法無比高妙，用之於技擊，是無堅不摧的。

自然門的“自然”二字，點明了該派的技擊原則是宗法自然，順應自然。自然門的所有套路、動作、功法的取像設形，除佛形外，無不“上應天像，下應地物”。此外，一般技擊術皆需運用橋手。有橋過橋，無橋引橋，橋手不可少。而自然門的打法則無需橋手，盡量以粘、附、貼、吸等手法，化去對方攻來之勢，無需接敵攻來之橋，自己也無橋給對方利用；任敵襲來，自然應付，無一空隙處，無一勉强處，無一破綻處。攻防進退，動作充滿金剛禪圈，渾身上下，輕靈自然。

總之，金剛禪自然門，金剛禪是理論，是指導，是內功；自然門是武功，是外相，是實踐。金剛禪是安祥的“靜”，自然門是激烈的“動”；而兩者又各自以“動”、“靜”兩種不同的形式，有機地結合，禪功中有武功，武功中有禪功，融合滲透，成爲一體，不可截然分開。

金剛禪自然門的氣功屬於佛門氣功，自成系統，獨具理論。功法有陀羅尼五形，跋陀七形，淨意五百形（常練的十八形）。練法是從陀羅尼入手，繼而跋陀，終而淨意，但在境界上又返回陀羅尼。

武功套路計三十二套，每個套路都跟氣功有關。起首的五套陀羅尼五形（佛形、龍形、鶴形、虎形、鷹形），是氣功也是武功。跋陀七形，爲武功精華，是爲該派武功與氣功高度結合的護山拳。中心爲鶴、龍、獅：鶴形練精，龍形練神，獅形練勢；四分像爲虎、豹、蛇、鵰：虎形練骨，豹形練力，蛇形練柔，鵰形練氣。淨意乃禪拳的高度統一，是爲金剛禪自然門的最上乘功法。

如前所述，金剛禪自然門包括互相聯繫又互相滲透的“動”、“靜”兩大功法。與此兩大功法相適應，我們稱有形者爲拳械技法，無形者即爲內功或氣擊。

有形功法分爲七功、五法、二術、七類、八技。

一、七功：

1. 沐浴功——練習全身不怕打的功法；

2. 易筋功——練習拳、掌、脚掌、脚緣、脚趾、手肘、手臂、手指的硬功；

3. 樁功——推不動，踢不動，站立如扎根的功法；

4. 腿功——練習快速靈活的腿法；

5. 膝臂功——也稱活肘提襠功，專練膝、肘（包括膝脛、肘脛）兩部的功法；

6. 靜功——無形功、有形功循環的有形部；

7. 氣功——有形功、無形功循環的有形部。

二、五法：眼法、步法、腿法、身法、手法。

三、二術：理脈術、調攝術。

四、實戰搏擊技法七類：

1. 踢法——一百零八腿擊法；

2. 打法——上肢動作，以拳、掌、指爲主形成的各種組合；

3.摔法——各類搏擊摔跤法，配合擊打；

4.拿法——擒拿術，包括活擒、固擒、破擒、反擒；

5.撲法——地趟搏擊術。

6.推法——利用外發勁，發人至遠的技術；

7.撞法——近戰技法，包括膝、肘、腰、肩、頭五個部位的撞擊法；

五、實戰搏擊戰術八技：

1.開門法——自然門和其他十一種門法；

2.衝擊法——主動攻擊法；

3.貼身法——積極近戰法；

4.騰挪法——趨敵左右、轉移至敵後法；

5.進退法——正面迎敵法；

6.閃佔法——上下迎敵佔空擋法；

7.騰空法——佔領空間、躍起擊敵法；

8.倒地法——主動倒地擊敵法。

金剛禪自然門的內涵極其豐富。目前，只有蛇拳三路(共七路)由靜悟禪師之徒智及傳出。本書六十四腿法，是爲介紹該門派技擊術的第一部專著。

云　武

The Jingang-Chan Natural School of the Shaolin Martial Arts

The *Jingang-Chan* Natural School of the *Shaolin* martial arts is a rarely seen branch of *Wushu* in China. Although it originated, as the title suggests, from the Shaolin Monastery in the Songshan Mountains in Henan Province, it was practiced by a limited number of monks in Sichuan Province to the knowledge of so few people in the outside world that no one can now trace back to the pedigree of this school. It is said that the birthplace of this school was a magnificent monastery called Anpu Monastery on a mountain to the southwest of Chengdu, Sichuan Province, built during the Tang Dynasty (618-907 A.D.). Monk Jingwu, the contemporary master of the school, was once the abbot of Baolong Monastery in that province.

Although the *Jingang-Chan* Natural School follows the tradition of the *Shaolin* martial arts, it is different in many respects from the other branches of the *Shaolin* school. First, all branches of the *Shaolin* school treat Bodhidharma, the Indian monk who founded the *Chan* school of Buddhism in China, as the founder of the *Shaolin* martial arts. The *Jingang-Chan* Natural School, however, treats the first abbot of the Shaolin Monastery, Batuo, as its founder. Second, all branches of the *Shaolin* martial arts separate the practice of *Wushu* from the practice of Buddhist doctrines, and there are no inner connections between the two. The *Jingang-Chan* Natural School, however, aims at guiding the practice of *Wushu* with the *Chan* (禪) doctrine and tries to blend the two into one. Third, in terms of Buddhism, the *Shaolin* martial arts originated from the *Chan* school, but the *Jingang-Chan* Natural School observes both

Chan and Tantrism.

The token of Jingang-Chan is a circle divided into two equal parts of *Yin* (陰) (the feminine and the negative) and *Yang* (陽) (the masculine and the positive), and these two parts are further divided into four parts, meaning there is *Yin* in *Yang* and vice versa. The two dividing curves in the circle crossing each other, as is shown in the following figure, denote the interdependence of *Yin* and *Yang* and the unity of opposites.

With this token, the *Jingang-Chan* not only endeavors to explain the evolution and revolution of all beings in the universe, but also tries to guide its *Wushu* theories and skills with the doctrines of Buddhism. Every combat movement of the Natural School is said to be closely related to this token.

What is the meaning of the name "*Jingang-Chan* Natural School?" *Chan* as the kernel of *Jingang-Chan* is short for the transliteration of the word "Dhyana" in sanskrit which means "quiet and think" or "spiritual transformation." According to the doctrine of *Jingang-Chan*, the nature of a human being was originally pure and identical with Buddhahood. This pure nature of the human being, however, is lost because, interfered and overwhelmed by the emotions and desires of the outside world, he has clung to all kinds of "phenomena," or worldly concerns, and his inner heart has been confused. Such confusion could be clarified or gotten rid of and self-enlightenment achieved through the observance of precepts and the practice of *Chan*. With respect to the Buddhist doctrines, *Jingang-Chan* is almost identical with the *Chan* school of Buddhism which advocates "a straight penetration in a person's heart to realize Buddhahood and become Buddha." The observance of precepts and the practice of *Chan* would bring a person from "precept" to "meditation," from "meditation" to "wisdom" until he finally acquires the "heavenly wisdom" and enters the realm of "doing nothing and yet everything."

The three steps of "precept, meditation and wisdom" are also the basic principles of *Qigong* (氣功) (breathing skills) practiced by the *Jingang-Chan* Natural School. The contemporary

master of this school, Monk Jingwu, once told his disciples: "The practice of *Chan* is to temper your nature, your breathing, your posture and your skill. In other words, the training of nature, breathing, posture and skill all fall within the category of *Chan*." and they make up all the connotations of the *Jingang-Chan* Natural School. This means that the doctrine of *Jingang-Chan* is not only the guiding principle for but also the content of Qigong and Wugong (武功) (martial skills) of this school. Here *Chan* has blended itself into *Qigong* and *Wugong*, or to put it simply, *Chan* is skill and skill is *Chan*.

"*Jingang*" is the Chinese term for diamond, the hardest natural substance "whose enlightened nature can stand the test of inexorable dooms." The fact that *Jingang* is chosen to describe the skills and usefulness of *Chan* tells us that the art of *Jingang-Chan* is superb, incomparable and irresistable when applied in actual combat.

The name "natural school" denotes that this branch of *Wushu* follows the principle of nature. All the set series of free-style movements and postures (except the Buddha posture) represent either the "heavenly bodies or the earthly beings." Moreover, in ordinary combat arts one can always find the use of "bridgework" (preparatory postures of the arm for attack or defence) and the combatants often try to create a "bridge" if there is no "bridge" available. No "bridgework" is needed, however, in the combat art of the Natural School. By the use of the different methods of "adhesion and absorption," the combatant can dissolve the opponent's momentum without utilizing the enemy's "bridge" or creating any "bridge" of his own. He is ready, in the most natural manner, to meet the enemy's attacks and one can hardly find any weak points, any far-fetched efforts or any loopholes in his movements. Every of his movements, be it attack or defence, advance or retreat, is dexterous, graceful and natural, falling within the *Jingang-Chan* circle.

To sum up, in the term *Jingang-Chan* Natural School, *Chan* refers to theory, principle and inner skills, while Natural School

refers to practice, method and outer skills. In other words, *Jingang-Chan* represents the serene "stillness" and Natural School the violent "motion." But on the other hand, the two have organically integrated into each other, and the martial skills and *Chan* skills have become a single entity.

The *Qigong* involved in the *Jingang-Chan* Natural School falls within the category of the Buddhist *Qigong* which has its own theory and system. The skills of the Buddhist *Qigong* include the Five Postures of Dharani, the Seven Postures of Batuo and the Five Hundred Postures of *Jingyi* (淨意) (of which 18 are often practiced). And the method for the practice of the Buddhist *Qigong* is to start from Dharani, to be followed by Batuo and *Jingyi*, leading to a spiritual reversal to Dharani.

The *Jingang-Chan* Natural School has 32 set series of martial arts, each having a close relationship with the above-mentioned *Qigong* postures. The beginning Five Postures of Dharani (postures of Buddha, dragon, crane, tiger and hawk) are *Qigong* skills as well as *Wugong* skills. The Seven Postures of Batuo are the cream of the *Wugong* of this branch of *Wushu* and are a protective kind of boxing that highly integrates *Qigong* and *Wugong*. Situated at the center are the three postures of crane, dragon and lion, with which one's energy, spirit and momentum are respectively tempered. The postures in the four directions are tiger, leopard, snake and vulture, with which one can temper his bone, strength, gentleness and vitality respectively. *Jingyi* postures involve the top-level skills in the *Jingang-Chan* Natural School because they have highly integrated the practice of *Chan* with boxing.

The *Jingang-Chan* Natural School includes, as was mentioned earlier, two major groups of skills which are closely related and intermingled, namely, the skills of "stillness" and the skills of "motion." Corresponding to these two groups of skills, boxing or combat art with weapons are referred to as visible skills and *Qigong* or inner skills are referred to as invisible skills.

The visible skills of the *Jingang-Chan* Natural School include the Seven *Gongs*, the Five Works, the Two Techniques, the Seven

Methods and the Eight Tactics.

The Seven *Gongs:*

1. *Muyügong* (沐浴功) — the skill to endure blows (*Muyü* means bathing);
2. *Yijingong* (易筋功) — the hard skills of the fist, palm, sole, side of the sole, toes, elbow, forearm and fingers (*Yijin* means the temper of the bones and muscles);
3. *Zhuanggong* (桩功) —the skill to be steadfast under push or kick (*Zhuang* means pole);
4. *Tuigong* (腿功) — the skill to move quickly and dexterously (*Tui* means leg);
5. *Qibigong* (膝臂功) — the skill of the knee and elbow (including the shin bones) (*Qibi* means knee and elbow);
6. *Jinggong* (静功) — the visible part of the visible cycle of the invisible skills (*Jing* means stillness);
7. *Qigong* (氣 功) — the visible part of the invisible cycle of the visible skills (*Qi* means breathing);

The Five Works:

1. Eyework;
2. Stepwork;
3. Legwork;
4. Bodywork;
5. Handwork;

The Two Techniques:

1. *Limaishu* (理脈術) — the technique of regulating other people's arteries and veins;
2. *Tiaosheshu* (調攝術) — the technique of regulating one's own arteries and veins;

The Seven Methods;

1. Kick — the 108 leg-attack methods;
2. Hit — composite movements of the fist, palm, fingers and other parts of the upper limbs;
3. Throw — various wrestling methods to bring down the enemy to the ground;
4. Catch — lock and hold methods such as how to capture the enemy alive, how to break away from the enemy's

capture, and how to counter-capture;

5. Pounce — the tumbling methods;
6. Push — the method to drive away the opponent with an explosive force;
7. Bump — close attacks made with the knee, elbow, waist, shoulder and head;

The Eight Tactics:

1. Opening — natural opening and 11 other openings;
2. Charging — the tactics to charge out;
3. Pressing — the tactics to actively engage in a close combat;
4. Shifting — shift first to the right or left and then to the back of the enemy;
5. Advancing and retreating — the tactics used in the frontal movements;
6. Dodging — the tactics to dodge and attack the enemy's upper or lower weak points;
7. Leaping — bounce up and hit the enemy in mid-air;
8. Tumbling — fall purposefully to the ground to make an attack.

We can see from the above that the content of the *Jingang-Chan* natural School is extremely rich. But up to the present, only three set series of the Snake Boxing (altogether seven series) have been made public by Zhiji, a disciple of Monk Jingwu. This is the first book about the combat art of the *Jingang-Chan* Natural School of *Shaolin* martial arts written by Zhiji.

Yunwu

少林金剛禪自然門腿法應用要訣

第一節：腿法要訣淺釋

少林金剛禪自然門散打，力爭在實戰搏鬥的激烈對抗中，迅速擊倒或擒服對方。實施手段有踢、打、摔、拿、撲、推、撞等七大類。踢佔七類之首，為實戰搏擊最常用、最活躍而最奏效的技擊術。現將少林金剛禪自然門有關腿擊要訣選列淺釋於後，供腿擊練習時參考。

"發腿奏效，功成於和；內外五行，缺一不可。"

以腿法攻擊敵方，成功在於諸因素的合成，並非單純用腿擊打就能取勝。這些因素分內外五行，缺少了那一行，都是不行的。

外五行分眼法、步法、腿法、身法、手法。內五行分為魄力、見識、氣力、功夫、神態。"所謂的內外五行，其實是散打搏擊的總要求。在這十點中，最為要緊的，與腿擊最有關係的是眼法和步法。當然，其餘八法也決計不可輕視的，但我現在重點講這二法。

眼法：眼是接受對方動態的器官。對於敵方來招和變化，迅速作出判斷，抉擇對策，首賴於眼。所以拳譜歷來有"眼明手快"的說法。眼睛的功效還不止於此，以眼法的變化來調動敵人，例如：它可以發出威光，令敵胆怯；它也可以表現凶狠，暗示敵方，我要拼死一搏；它又可以表示沮喪，令敵盲目樂觀、麻痹輕躁，我卻以突然出擊致勝；它可以視上擊下、視左擊右、迷惑敵方……。如此分析，眼睛的作用就顯得非常的重要。所以眼法第一。

其次，就要算"步法"為緊要。步法的要訣，關於腿擊的有："步法滯凝，輕浮滑虛，雖達神招，妙數連著，法無可用、擊無可

施”。即是說，獲得腿擊成功，首先必須有步法的靈活調度。切切不能滯凝，否則毫無機動可言。進退轉側，閃展騰挪不能進行，那還有什麼好的腿法可施展。步法不僅要求靈活，還要注意克服步法輕、浮、滑、虛的四大病，還以沉、實、定、重四要點。沉實定重的樁功與靈活的步法，以配合腿擊，才會有成功的可能。否則，再高再妙的腿擊法也是無法施展的。

“腿擊取法，應敵致用，以靈、鑽、溜、毒爲要。”

實行腿擊時采用什麼方法？臨機應變如何發揮腿擊的作用？以輕巧靈活；襲擊空擋；熟練精純；狠惡激烈爲四大要領。

靈、鑽、溜、毒是腿擊法的四大要領。靈：技擊的一切方法，都要求靈活。腿法的靈活還須有沉勁，決不能浮飄。金剛禪自然門有許多高擊中、上盤的腿法、高擊腿法，相對來說，較低擊下盤的腿法被反擊的危險性大些。但也有擊之有效的優點，“中高擊腿法”如能擊中頭部、頸部、胸部、胃脘等部位或區域，則能給敵方以重創，甚至足以使其喪失戰鬥能力。每一腿擊法在踢出之前，都應有“同一腿發，數腿聯動”的思想準備和技術準備。即可大大減小被反擊危險到最低限度。在這種情況下，靈字的作用就極爲重要了。

鑽：襲擊敵方空擋。這也是技擊的一個重要法則。拳訣云:“奪氣破勢鑽空隙”。腿擊法有擊出的距離較手法爲長(約可長達 1.5 倍到二倍)和起腿之前“動作企圖蔭蔽”這二項優點。在瞬息即變的對壘形勢中，偵破敵方空隙，以瞬間的決斷力，毫不猶豫地突擊敵方空隙，甚至在敵方空隙將出未出之際即爭取先期預見，而以毫不留情的攻擊，爭取做到在我攻擊之前不使敵方收到預發信號，這是“鑽”字成功的關鍵。

溜：腿擊方法熟練精純，謂之溜。腿法訓練的要求是“令起則發，令止則停，得心應手，準確及時。”這十六字爲熟練的標誌。但這還不夠，尚需要進一步精進爲隨心所欲，無時不發、出神入化，爐火純青的境界，這就是所謂精純。

毒：惡狠激烈是也。腿擊要做到惡狠，首先要求腿的各部：膝蓋、脛骨、足跟、足前掌、足外緣、足背等均能有足夠硬度（脚趾也應有硬度練習，但一般不作爲攻擊武器），其次要求有足夠的力量。**毒是“硬度、力量、决戰決心”三者結合而成，故稱爲惡狠激烈。**

內外五行：眼、步、身、腿、手、魄、識、氣、勁、神和靈、鑽、溜、毒四大關要在以後的分論中，還將詳細的具體討論，在這裏皆不贅述了。

第二節：腿法攻擊人身要點圖

“要點”者，旣稱其要，皆爲人體解剖之重要腑臟，神經樞紐，關節死角等處，人體以經絡通達眞氣，古稱要點爲穴。“穴”者，經絡腑臟之氣轉輸和聚集之所在地。擊穴閉氣，循經傷臟爲我國武術之精粹之一。善運此道者、擧手投足、瞬頃間可致人於傷，致人死命。金剛禪傳氣擊穴人體一百叁拾餘處。本書所擧腿擊要點，凡二十八處四十三點均爲外功之擊法。

正面圖：十八處（29點）（圖見第23頁）

眉心，鼻，太陽穴(2)，耳後(2)，眼(2)，喉，心窩〔膻中穴〕，胃脘〔巨闕穴〕，肋梢〔腹哀穴〕(2)，臍眼〔神闕穴〕，前陰，內胯(2)，膝蓋(2)，膝側(2)，脛骨(2)，肘側(2)，手腕(2)，脚面(2)。

背面圖：十處（14點）（圖見第24頁）

腋下(2)，腰眼(2)，脊椎一線〔督脈〕六處：後腦、頸椎、身柱穴、至陽穴、命門、長强穴，膝彎(2)，頸側(2)。

腿擊要點二十八處(43點)，圖解如上。至於何時、何機、何動作攻擊這些要點，始能奏效，在於臨機應招，不能執一而論，具體擊打施術，請詳細考察少林腿擊術六十四法圖解。

Essentials in the Application of the Leg-Attack Methods

1. Interpretation of the Essentials

In the free-style and fierce combat of the *Jingang-Chan* Natural School of the *Shaolin* Martial Arts, the combatant's aim is to swiftly bring down the opponent or subdue him with the Seven Methods of kick, hit, throw, catch, pounce, push and bump, of which kick is the leading and most lively and effective combat method. The following is a brief interpretation of the essentials in the application of the leg-attack methods. These essentials refer to the so-called five outer skills, five inner skills and four principles. "An effective leg-attack depends on the combined application of both the five outer skills and the five inner skills." This means that a successful leg-attack lies not in the attack itself, but in the combined application of all the above-mentioned ten skills.

The five outer skills refer to the Five Works, namely the eyework, stepwork, legwork, bodywork and handwork; the five inner skills are courage, insight, strength, masterliness and spirit.

The so-called outer and inner skills are the general requirements in the free-style combat arts. But the most important of these skills in relation to the leg-attack methods are the eyework and the stepwork which merit some further explanation, although we must bear in mind that the importance of the rest of the ten skills should not be underestimated.

Eyes are the organ of sight. It goes without saying that the combatant has to first rely on the organ of sight to find out the strategems of the opponent so as to make up his mind in

choosing the appropriate counter-measures. Every boxing manual has it that quick-moving presupposes sharpness of the eye. But eyes have other functions in combat and different eye expressions can have different effects upon the enemy: a threatening eye expression may scare the enemy; a ferocious eye expression warns the enemy that he may be in for a deadly fight; a dispirited eye expression may throw the enemy off his guard and make him unprepared for a surprise attack; a deceitful eye expression may lead the enemy to defend the wrong part of his body, etc. The practice of eyework, therefore, is of primary importance in the combat art.

Stepwork is of secondary importance. "Sluggish, frivolous and impractical stepwork will fail the combatant even if unique strategems and techniques are employed." This means that the first requirement for the realization of a successful leg-attack is the dexterous movement of the steps. Sluggishness or stagnancy of the steps leads to immobility and will seriously affect such movements as advance and retreat, turn and twist, dodge and shift, as a result of which none of the leg-attack methods can be successfully executed. While it is important to have dexterous stepwork, one should at the same time avoid making frivolous, superficial, slippery and false steps. Instead, the steps should be solid, serious, steady and practical. Solid and steadfast *Zhuanggong* plus dexterous steps are the basic requirements for a successful leg attack, without which no leg attack method, no matter how superb and skilled it might be, could succeed.

"Choose the most effective leg attack methods, act according to circumstances and follow the four principles of nimbleness, suddenness, expertness and viciousness." The following is a detailed explanation of the principles.

Nimbleness or dexterity is a requirement for all the combat movements. But such nimbleness must be solid and devoid of flightiness or superficiality. Nimbleness and dexterity are especially important for the execution of high-position leg attack methods which aim at hitting the upper and middle parts of the enemy's body. High-position leg attacks are, comparatively

speaking, more easily exposed to the danger of being counterattacked than low-position leg attacks. But they are often more effective and can inflict heavy blows on the enemy and even make him lose combat effectiveness if aimed at such parts as the head, neck, costal parts, the pit of the stomach, etc. Every combatant should bear in mind that he should be mentally as well as technically prepared, before the leg attack is made, to change strategems in order to minimize the danger of being counterattacked. Under such circumstances, nimbleness is of the utmost importance for a successful attack.

Suddenness, which means a sudden attack at the unprotected parts of the enemy's body, is another important principle in the combat art. A pugilistic formula teaches us "to break the enemy's momentum and suddenly attack his unprotected parts." The two advantages about the execution of leg-attack methods are a long combat distance (2.5 or three times as long as that of a fist attack) and unexpectedness or suddenness. In the rapidly changing combat movements, this suddenness can only be realized by detecting the enemy's weak points even before such points have completely been exposed, by making instantaneous decisions to seize every opportunity to attack so that the enemy could not have the time to get fully prepared and by being relentless in the attack.

Expertness refers to the expert skills involved in the leg-attack methods. The training of legwork requires that the combatant should be able to "move or stop at orders, be accurate and timely in attack." But this is not enough. The combatant should further train his skills until he reaches the stage of expertness, which means that he can "act wilfully, attack whenever he likes, and arrive at the acme of perfection."

The fourth principle in the execution of the leg-attack methods is viciousness. In order to make vicious attacks, one should temper his knees, shin bones, heels, soles, the outer edges of the soles and the insteps for the acquisition of adequate hardness and strength. In other words, viciousness is "the combination of hardness, strength and the determination to fight

the battle out."

The five outer skills, the five inner skills and the four principles will be given further explanations in the detailed discussions of the leg-attack methods.

2. Major Target Points on the Human Body

By "major target points," we mean those important anatomical points in connection with the internal organs, nerves and joints. These points are called *"Xue"* (which means "hole" or "acupoint") by doctors of traditional Chinese medicine, who hold that the vital energy of the human body circulates through *Jingluo,* or the main and collateral channels in the body, along which the acupoints are distributed. One of the quintessences of Chinese *Wushu* is to hit the acupoints, stop the circulation of the vital energy along *Jingluo* and injure the internal organs. A *Wushu* master who is highly skilled in hitting the acupoints could inflict fatal injuries on the enemy in an instant with a simple movement of the hand or foot. According to *Jingang-Chan,* there are over 130 acupoints on the human body. Forty-three major target points used in the leg-attack methods discussed in this book are distributed in 28 places of the human body.

Fig. I: Front view of the human body.

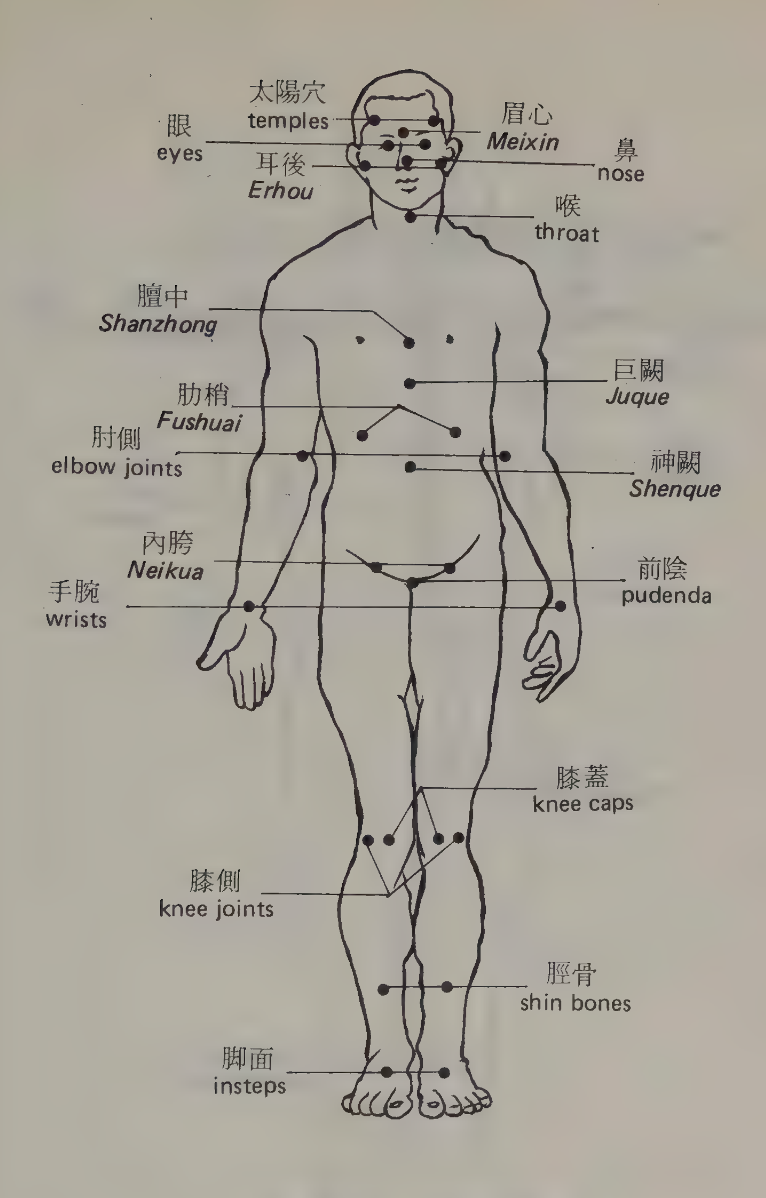
The 29 target points on the front of the human body shown in Figure 1 (See P. 23), are as follows: *Meixin* (between the eyebrows); nose; temples (2); *Erhou* (the back of the ear) (2); eyes (2); throat; *Shanzhong* (the pit of the stomach); *Juque* (the gastral cavity); *Fushuai* (the ends of the ribs) (2); *Shenque* (the navel); pudenda; *Neikua* (the inside hipbone) (2); knee caps (2); knee joints (2); elbow joints (2); wrists (2); and insteps (2).

Fig. II: Rear view of the human body.

The 14 target points on the back of the human body, shown in Figure II (See P. 24), are as follows: armpits (2); *Yaoyan* (the small of the back) (2); *Naohu* (hindbrain); cervical vertebra;

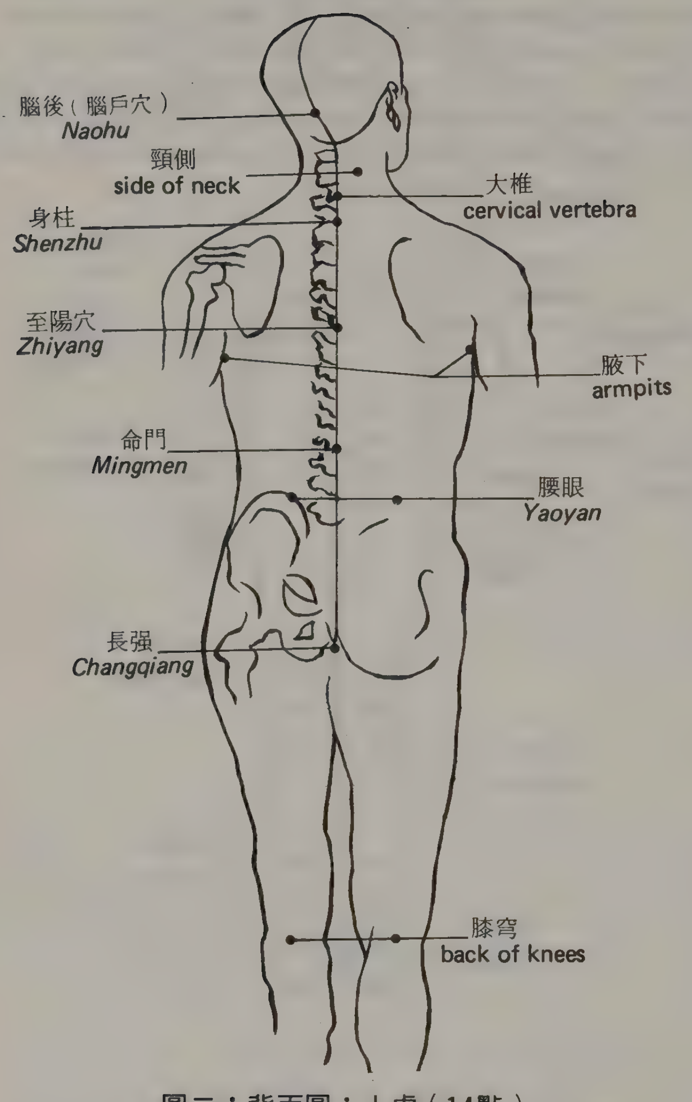
Shenzhu; Zhiyang; Mingmen; Changqiang; back of knees (2) and side of neck (2).

The 43 target points for the leg attacks are listed above. Since there is no universal rule as to when, under what circumstances and with what methods we can make an effective attack at these points, a detailed discussion of these points will be made in the description of the 64 leg-attack methods.



正面圖：十八處（29點）

Front View of the Human Body (29 Target Points)



圖二：背面圖：十處（14點）

Rear View of the Human Body (14 Target Points)

少林六十四腿擊法
The Sixty-Four Leg-Attack Methods

第一節：單個腿法（30）

散打實戰中，在眼、步、身、手等法的協調配合下，猝然間猛烈攻擊對手，僅起一個腿法而即能奏效的動作，稱爲單個腿法。

單個腿法是組合腿法、騰空腿法、地趟腿法等複雜腿法的基礎。單個腿法的運用，可以是攻防動作的一個獨立單位，單獨使用；也可以是一個複雜攻防動作的組合因素，配合使用。單個腿法在運用時，“猶如射鳥，槍響鳥落，出其不意，攻其不備”，力爭“一蹴致勝”，“蹴則必中，一擊全功”。

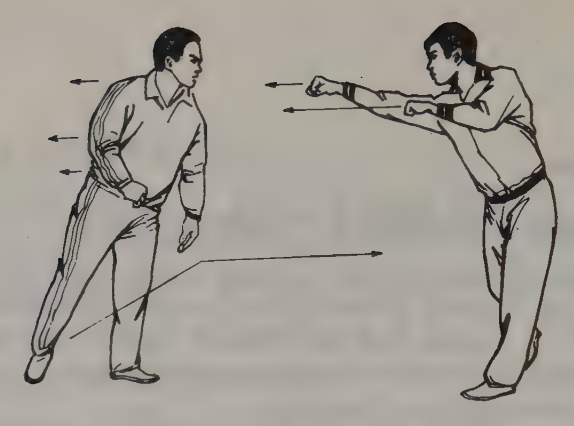
單個腿法訓練，要求在具有直接實戰或近似實戰的精神狀態下，進行反覆、持續的練習，以完成正確的動作定型，以便在散打過程中，迅即變換敵我雙方形勢的情況下，準確及時的發揮動作潛意識，將腿法運用自如，得心應手。

Part One
The Single Leg-Attack Methods (30)

In the free-style actual combat, single leg-attack method refers to the legwork involving only one effective movement of the leg for a sudden and fierce attack against the enemy and coordinated by the other four of the Five Works — eyework, stepwork, bodywork and handwork.

Single leg-attack methods are the basis for the leaping and composite leg-attack methods. A single leg attack could be an independent movement made either in attack or defence. It could also be one of the complicated and composite movements in attack or defence. A single leg attack should be as quick and unexpected as the shooting of a gun: no sooner has the firing of the gun heard than the bird drops to the ground. With one single leg attack, a good combatant should be able to "hit the target, bring down the enemy and win the battle."

Repeated and protracted practice of the single leg-attack methods should be made in situations similar to actual combats in order to perfect every movement, so that the combatant could adjust to the changing situations in free-style combats and make timely, accurate and proficient attacks.



1

一、毒蛇吐信

此腿法專取中盤，攻敵下陰，故又名“陰門腿法”。因其在動作時，身腰放長、腿之進擊，如蛇伸舌，故而獲此“毒蛇吐信”之名。

此腿擊法：動作簡捷，兇狠異常。“萬腿首于陰門”，這即是說：其它腿法，是在“毒蛇吐信”的基礎上發展起來的。又一層意思是，其餘的腿擊方法，莫過于此腿法之狠毒。所以，有“陰門之腿不可用”之說，這是指其險烈而不能隨便輕用傷人。然而，仍不失爲一種有效的制敵手段。

圖1：

敵若于迎面向我以拳猛攻，我略作向後頓挫之勢。

圖2：

緊承上式，敵之攻撲已被我完全引空，隨即起“毒蛇吐信”腿擊法反擊。



2

1. THE VIPER SHOOTS OUT ITS TONGUE

This leg-attack method aims at the enemy's middle part, his private parts in particular. It is therefore called "The Private Parts Leg-attack Method." When executing this leg attack, the combatant stretches his body and kicks out his leg like a viper shooting out its tongue, hence the name.

Because the leg attack is simple, dexterous and extremely fierce, there is the saying that "the Private Parts Leg-attack Method should not be used," meaning that it should not be used randomly to injure people because of its dangerous nature. It is an effective method, however, in the struggle against an enemy.

Fig. 1

Enemy is mounting a fierce frontal attack with fists. I retreat slightly.

Fig. 2

Immediately following the above, as enemy's attack is completely thwarted by my luring tactics, I counterattack him with the Viper Shoots Out Its Tongue.



3

圖3：

敵被擊，捧腹後倒。

動作要領：

1.毒蛇吐信要求“避空”和“出擊”幾乎同時進行，但“避空”在先。

2.“避空”要求恰到好處，而腿擊則要求放長，以爆發勁猝擊，所以擊出之腿要擺腿而進，以達到腿擊距離加長的目的。

3.以脚前掌擊敵。

實戰要點：

1.避空放勢，不攔不格。

這是金剛禪自然門技擊術創導的“純靜自然”的搏擊原則。“不招不架，就是一下，犯了招架，十下八下”。這就是說，雙方格鬥時，一方以手式用拙力攔架，反而會遭致對方的變化而引來更猛烈的攻擊。而避空之恰到好處，就在于不觸不離，實招虛接的境況，

Fig. 3

Enemy is hit and falls back with hands holding abdomen.

Essentials:

1. Evasion of the enemy's attacks and the counterattack should proceed almost simultaneously with the former action a little in advance.

2. The evasion should be just right and the kicking extended in order to gain an explosive force. The combatant must, therefore, advance with tentative steps to lengthen the distance of the kick.

3. Hit the enemy with the fore sole.

Key points in actual combat:

1. Evade the enemy's assault without any obstructing.

This is the principle of "tranquility and naturalness," unique in the combat art of the *Jingang-Chan* Natural School of the *Shaolin* Martial Arts. "No warding off and there is only one blow; warding off and ten blows will follow." That is to say, vigorous warding off with fists in a combat will prompt the opponent to change his action, inviting even fiercer attacks. And correct evasion consists in creating a situation of "neither touching nor separating and coping with substantial attacks with insubstantial manoeuvres." Such a highly agile reaction in actual combat needs practice.

2. Wait at one's ease for an exhausted enemy and aim accurately at his unguarded parts.

When attacking, the enemy will have what is called "attack loopholes," revealing such vital and "unguarded areas" as his abdomen and private parts. These unprotected areas are traditionally called "openings." In face of the enemy's attack, one must be calm and natural, try to find his unguarded parts timely and accurately and, seizing an opportunity which may disappear in an instant, effect a swift and powerful counterattack.

3. Have confidence and be bold to counterattack.

這種高度靈敏的實戰反應，是需要一定的實踐的。

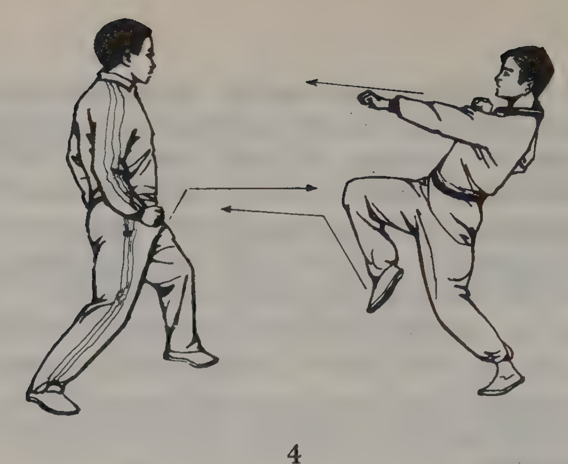
2.以逸待勞，瞅准“空檔”。

敵在對你發動攻擊時，會出現“攻擊疏忽”而顯露腹部，下陰等要害的“失防區域”，這種失去保護的要害，傳統地稱爲“空檔”。在敵方發起攻擊時，要鎮靜、自然、及時准確地發現空檔，把握住這瞬現即逝的時機，迅烈地加以攻擊。

3.堅信動作，大胆出擊。

在敵方的猛烈攻勢面前，要有敢鬥的勇氣，能勝的信心，並大胆使用動作。絕對不能消極逃避，敵方會由于你的胆怯而信心倍增，從而更猛烈的發動攻勢。要懂得一個原理，敵方的空檔，只有在他攻擊你時，才會暴露在你的“有效火力”範圍之內，你要攻擊敵方，取得勝利的最佳時機，也是在他對你發動猛烈攻擊時，迅即反擊他的“空檔”。這時，雙方都在向前進，力量相向，被擊中要害後的效果倍增。

Faced with fierce attacks by the enemy, one must dare to struggle, have confidence in winning final victory and manoeuvre boldly instead of escaping, for your cowardice will fuel the enemy's confidence, thereby inviting him to mount ever fiercer attacks. One must understand the principle that, only when the enemy is engaged in attacking will his unguarded parts be exposed within the reach of one's "effective fire." The best opportunity for winning victory is when the enemy is fiercely attacking you, and you launch a counterattack at your enemy's "unguarded parts," for at such a moment when the confronting sides are advancing, the attack on the enemy's vital parts is doubly effective.



4

二、黃蟒擺尾

此腿法專攻胃脘之偏中路腿擊法。使用本腿法在出擊時，攻擊之腿由身側提起，而從身外側向內，向前套擊，故有“擺尾”之稱。“敵我相峙，意擊在先”、“視定中路，專破吐信”。此腿法于實戰時專破“毒蛇吐信”，並可以用作主動進攻，因而屢屢被採用。腿擊法之“腿”爲本流派視爲五形之“蛇形”，“黃蟒擺尾”亦爲實戰基本腿擊法。

圖4：

敵于迎面向我以拳衝擊，並用“毒蛇吐信”腿法攻我。我身稍偏，略向後左（右）頓挫。

圖5：

緊承上式，隨即起臂捋引敵攻入之拳，急起後腿以外擺90度角，由側向前向內彈射入敵胃脘



5

2. THE YELLOW PYTHON SWINGS ITS TAIL

This is a frontal leg-attack method aimed at the enemy's *Weiwan* acupoint. In this method, the attacking leg is raised by the side of one's body and kicks forward in an arc swing, hence the name. Because this leg-attack in actual combat can either be used to destroy the Viper Shoots Out Its Tongue or as an offensive method, it is often used. The leg work involved in this method belongs, according to the Natural School, to the "snake posture," one of the five postures. It is a basic leg-attack method in actual combat.

Fig. 4

Enemy charges forward with fist attacks and tries to bring me down with the Viper Shoots Out Its Tongue. I turn body slightly and retreat a little to left (right).

Fig. 5

Immediately following the above, I rub-draw enemy's thrusting fist, and at the same time swiftly kick out back leg and make a swing attack at enemy's *Weiwan,* traversing a 90 degree arc.



6

圖6：

敵被我腿擊後，我復進横拳助攻摧倒。

動作要領：

1.腿擊之前，應看准敵之胃脘空檔的確切方位，對于敵攻我之腿擊路綫有所估計，我腿擊出時不能同敵腿相撞，如相撞，即是証明此腿擊法動作錯誤。相撞之後，如雙方腿法相向前進,攻勢力猝,勢必兩敗俱傷。

2.如圖4所示，敵攻我時，身形稍偏，在于引化敵之攻勢，因敵主動進擊，前進速度轉快，我以正身起腿擊即可，不必探腿，其要領在“快”。

3.在身形稍偏時，利用身軀旋轉的動力,可加大腿擊之爆發力。敵被擊後，横拳追擊也應充分利用此轉動身軀的旋勢能。

4.以前脚掌擊敵。

實戰要點：

1.捋勢之勁，以巧引空。

黄蟒擺尾在應用于實戰時，會出現“捋手”，捋手者，並非攔，

Fig. 6

I bring enemy down with horizontal fist attacks after he is hit.

Essentials:

1. The kicking leg should aim accurately at the exact opening of the enemy's *Weiwan*. Be sure to have a correct estimation of the route of the enemy's attacking leg to avoid a collision. Collision of the two legs would cause injuries to both sides, which signifies that the kick is made in a wrong way.

2. The purpose of turning slightly sideways when the enemy attacks, as Fig. 4 shows, is to dissolve the enemy's charging force. Being on the offensive, the enemy advances with high speed. Under such circumstances, you can overpower him by kicking out the leg without turning the body too drastically and without advancing with tentative steps. The key lies in swiftness.

3. Make use of the slight turning of the body to strengthen the explosive force of the kick. When the enemy is hit, the follow-up horizontal fist attacks should also draw on the force of the body turning.

4. Attack the enemy with the frontal sole.

Key points in actual combat:

1. Vigorous rub-drawing — a clever way of dissolving the enemy's charging force.

Hand rubbing in this leg-attack method is neither for obstructing, nor parrying. It is used to dissolve the enemy's offensive. It is by no means confronting the tough with toughness, but a skillful and clever way of taking advantage of the situation.

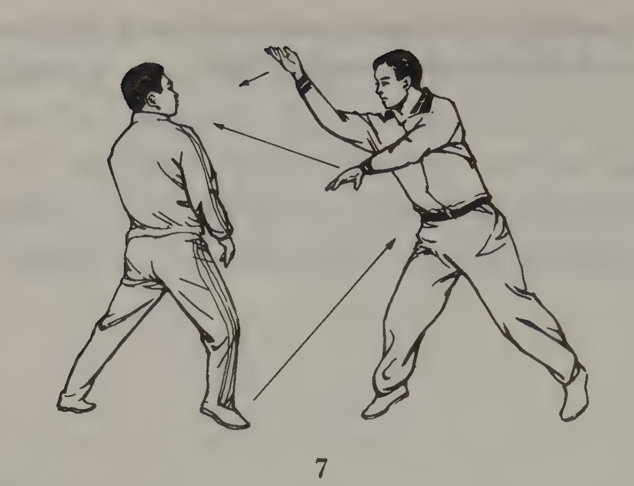
2. Follow the kick with horizontal fist attacks.

Vital as the acupoint of *Weiwan* is, its being hit may not bring the enemy down. So one must follow with horizontal fist attacks to bring him down. This is what is called "composite attacks" composed of combined fist and leg movements. This

亦非格，而身引化敵攻勢，掌臂相貼的一個技法，其勁之運用，絕不是硬碰硬明擋，格式阻擊，而是引空敵勢的順勢巧勁。

2.擊中胃脘，摧擊橫拳。胃脘之穴，雖是要害，但未有如下陰之擊中即效，敵受擊後，往往尚有喘息餘地，我即進身，起橫擊之拳、摧敵倒地，也是此勢式的必然。這就是拳腿相連的組合攻勢，對于"拳腿組合"，本門派研討甚深，我將于另著詳盡介紹。

school of martial art has great attainment in such attack methods and I shall deal with them in another book.



7

三、鳳凰展翅

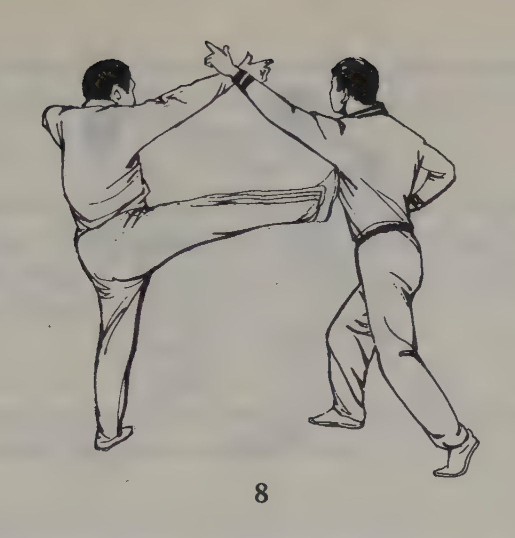
此腿法爲專取極泉、腹哀兩穴間連綫的側攻型腿擊法。因其動作時單側的手臂和腿足連動，猶如鳥之展翅，故而得名。當我對敵方之攻守習慣，技術擅長，實戰反應均無所知時，往往有一個試探應手的過程。這正同軍隊打仗時的火力偵察一樣。鳳凰展翅則是起了這個作用。當敵我對峙，敵以動作試我應手，不貿然攻我，我既要破其試探，又要試其應手，並且令敵看不出我在對其試探而誘其盲目攻來，這即用“鳳凰展翅”動作。此腿法的特點是輕靈、飄忽，令人捉摸不定，亦爲實戰的基本腿擊法。

圖7：

敵我相峙，其以或輕或重，虛實莫測之上撩上劈之手法探我應手。

圖8：

承上式，我即以佯格虛架之勢，上挑拳化空放勢，急起快速輕靈之“鳳凰展翅”，擊敵極泉、腹哀一線之要害。



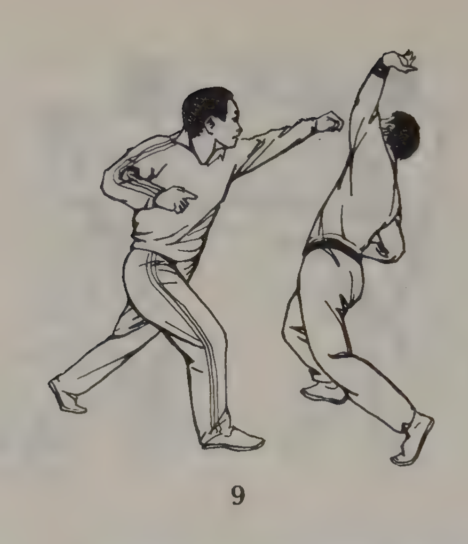
8

3. THE PHOENIX SPREADS ITS WINGS

This is a flank leg-attack method aimed at the spot between the enemy's acupoints of *Jiquan* and *Fushuai.* Its name comes from the fact that, when the movement is in progress, the combatant's arm and leg on the same side of the body moves simultaneously, like a bird spreading its wings. When one has no idea about the enemy's offensive and defensive habits, combat skills and way of reaction in actual combat, it is often desirable that one execute tentative moves to find out those things about the enemy, just like reconnaissance by firing. This is what this leg-attack method is meant for. It is used as a counter measure when the enemy does not attack you recklessly but tries to lure you into reckless actions with tentative moves. Your purpose is not only to destroy his probing attacks, but to lure him into blind attacks with your own tentative moves without letting him see through your tactics. Dexterous, fleeting and unpredictable – these are the characteristics of this basic leg attack.

Fig. 7

The opponents confront each other. Enemy tries to lure me



9

圖9：

以後可有各種變化，圖為即以拳猛攻之形勢。

動作要領：

1.擊出“鳳凰展翅”時應特別注意身軀端正，心平氣順、神態安逸、動作自然。使敵對我之深淺莫測。

2.化空敵勢要准，不能被敵之試探先行擊中。

3.可連續反覆使用鳳凰展翅。要時隱時現，時輕時重，不可拘泥呆板。

4.出擊時，以脚尖攻敵、輕靈飄忽，猝然而有爆發勁。

實戰要點：

1.攻擊部位，應該認准。

極泉為手少陰心經之起點穴，猝然擊之即致人半身疼痛，面色蒼白，混身厥冷，黃汗沁瀝。腹哀為足太陰脾經之要穴，點擊之即致痛入心肺，口吐血腥，呼吸不暢，氣閉欲死。這兩穴位之連線，人體解剖位，均為肝、脾、肺心等重要臟器，雖然其外有肋骨

into action with upward-moving fist attacks, made unpredictable by being sometimes light and sometimes heavy.

Fig. 8

Immediately following the above, I make a feint parry and throw up fists to dissolve enemy's fist attacks and then swiftly execute the Phoenix Spreads Its Wings to strike enemy's vital spot between *Jiquan* and *Fushuai.*

Fig. 9

The above may be followed by different actions. Figure shows my violent fist attacks against enemy.

Essentials:

1. When executing the Phoenix Spreads Its Wings, pay special attention to keeping the body upright, movements natural and one's whole being calm, to make oneself unfathomable to the enemy.
2. Never let yourself be hit first by the enemy's tentative attacks, which must be thwarted effectively and accurately.
3. The Phoenix Spreads Its Wings can be used repeatedly and should be executed either openly or stealthily, heavily or lightly, but never in a stereotyped way.
4. Strike the enemy with the toptoes dexterously and with an explosive force.

Key points in actual combat:

1. Aim accurately at the target point.

Jiquan is the starting acupoint of *Shoushaoyinxinjing.* A sudden attack at this point will make one feel pain in half the body, with face turning pale and cold sweat oozing out. *Fushuai* is the vital acupoint of *Zutaiyinpijing.* When it is hit, a pain shoots through the whole body of the stricken, who feels the smell of blood in his mouth and half stifled. The part between these two acupoints is where a man's important internal organs such as kidney, spleen, lungs and heart are located. The

保護，但是，肋骨本身也是攻擊要點之一。所以，敵我雙方，都應對該區域嚴加防衛，而“鳳凰展翅”所攻擊的正是此地。所以要求在平時隨處留意該區的正確部位，以便在搏擊時確中無誤。

2.鳳凰展翅，須明長尖。

此腿擊爲脚尖攻敵，主要取其“長”和“尖”。有此特點，攻擊時易於奏效。所以應重視脚尖硬度之練習，以免自己受傷。鳳凰展翅係試敵應手之動作，往往使用在搏擊開始階段，所以，一旦受傷，即影响以後進展，意味着失敗的開端。如脚尖無此相應之功力在實戰時仍以前脚掌擊敵爲好。

3.繼發攻擊，胸有成竹。

在使用該腿法時，隨時注意帶動其它繼發的攻擊動作，以便得手後的立即扑進。

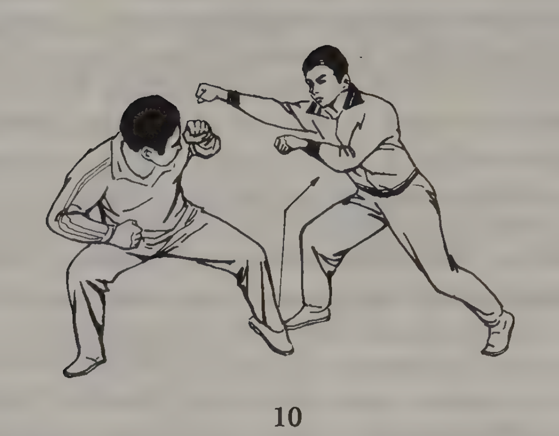
ribs, which protect these organs, are among the targets of the attack. This is the area that should be safely guarded by both sides. It is this area that the method of the Phoenix Spreads Its Wings is aiming at. It is required, therefore, that in ordinary times, attention be paid to the correct location of this part to ensure accurate strikes.

2. Attack at a distance and use the tiptoes.

This is the characteristic of this leg attack, a guarantee for its effectiveness. Importance, therefore, should be attached to achieving hardness of the tiptoes by constant practice lest the attacker is injured himself. As a move to lure the enemy into reckless attacks, the Phoenix Spreads Its Wings is often used at the start of a combat. Injury at this stage, therefore, affects later combating and signifies the beginning of defeat. If the tiptoes do not have enough hardness, better strike with the fore sole in actual combat.

3. Be well prepared for subsequent attacks.

This is to achieve complete victory by making follow-up attacks after the Phoenix Spreads Its Wings takes effect.



10

四、野馬彈蹄

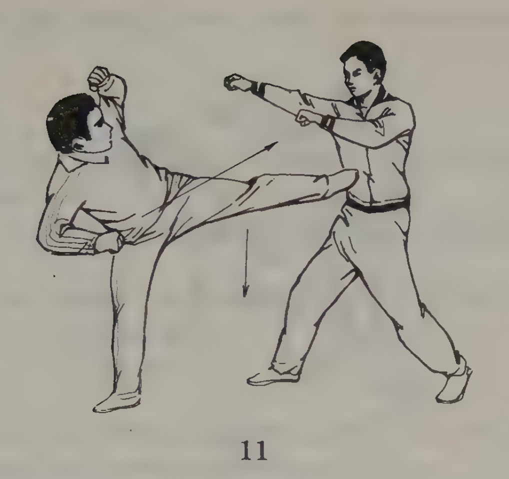
此腿法爲專取敵心窩“膻中”要穴之側攻型腿擊法。該腿擊法在運行過程中，尤如一頭野馬，左衝右突、奔騰彈蹶，故而獲名。在實戰時，使用野馬彈蹄，旨在調動敵方重心，分散其攻擊注意力，誘其暴露出空檔而猛烈攻擊之。在搏擊時，往往會遇到過强之敵。這樣的對手，恃自己力大、身高、魁梧，自身肌肉層厚或“沐浴功”功力强而敢于進攻，輕于防守，而且進擊速度快而靈活，對我頻頻發起攻擊，遇到這樣的對手，可用“野馬彈蹄”腿擊法打擊之。爲實戰之基本腿擊法。

圖10：

敵對我施以拳脚交加的猛烈進攻，我即以步法斜退。

圖11：

緊承上式，我以臂上引下化，隨即起腿，俯身用野馬彈蹄，彈擊敵胸部空擋。



11

4. THE WILD HORSE SHOOTS OUT ITS HOOF

This is a flank leg-attack method aimed at the key acupoint of *Shanzhong* at the enemy's stomach pit. The attacking movement is like a galloping wild horse kicking out its hoofs, hence the name. It is used in actual combat to destroy the enemy's balance, divert his attention and lure him to give away loopholes so as to mount violent attacks against him. In close combat, one often meets with a very strong enemy, who, relying on his strength, high stature, stalwartness and muscle thickness or strong *Muyügong,* dares to charge again and again and does so with great speed while tending to neglect defense. Under such circumstances, one can counteract with the basic method of the Wild Horse Shoots Out Its Hoof in actual combat.

Fig. 10

Enemy attacks violently with both fists and legs. I retreat sideways.

Fig. 11

Immediately following the above, I dissolve enemy's fist and leg attacks with arm moves, and then raise leg, turn sideways and



12

圖12：

此時敵可能有兩種姿態，均將被野馬彈蹄擊中：

a. 敵正面攻我，擊敵心窩。

b. 敵如側身閃避，仍可擊中“腹哀”穴。

動作要領：

1. 野馬彈蹄之“彈”，顧名思義是彈擊。因而，彈踢之爆發勁着重猝勁。

2. 彈踢時身軀和腿盡量放長。

3. 敵在攻我時，向前逼進速度很快，我則相應的作戰術騰挪，動作也須迅速。

4. 退出時，應與敵之攻擊“同步”動作。過早或過遲，在過强之敵面前，會帶來毀滅性的打擊。而只有“同步”野馬彈蹄，才會發揮作用。

5. 該腿法是以脚掌後跟部擊敵。

strike opening at enemy's breast with the Wild Horse Shoots Out Its Hoof.

Fig. 12

Enemy may assume two postures at this juncture, but will be hit in either case:

a) If enemy mounts a frontal attack, strike at his stomach pit.

b) If he dodges by turning his body, he can still be hit in the acupoint of *Fushuai.*

Essentials:

1. As its name suggests, this leg attack requires suddenness and explosiveness of action.
2. When the leg is shooting out, one's body and leg should be stretched as further out as possible.
3. Because the enemy has great speed when closing in on you, you should effect a tactical retreat, also with great speed.
4. The retreat should synchronize with the enemy's assault. Otherwise, the leg attack cannot take effect, and bad timing in the face of a strong enemy will result in destructive consequences.
5. Strike the enemy with the heel.

Key points in actual combat:

1. The tactical retreat should synchronize with the enemy's attack and be swift.

Because stepping back sideways is to dissolve the enemy's swift and fierce attacks, it should synchronize with the speed of his attacks. Besides, dodging by bodywork and the counterattack should be effected as swiftly as possible.

2. Coordination by stepwork will be dealt with in another book.

The *Jingang-Chan* Natural School is very particular about stepwork: "All depends on stepwork – attack, defense, advance and retreat." The school has made a careful study of 28 kinds of

實戰要點：

1. 戰術轉移，同步快疾。

步法斜退，旨在化避敵之凌厲攻勢，除“同步”于敵方攻勢之推進速度，而身法之內（避），攻（擊）則盡可能的快疾。

2. 步之配合，另撰專題。

金剛禪自然門對于步法非常講究，“攻守進退全賴于步”，研究了28類的步法轉移路線，其運行定位，正好和天上夜空閃現的28宿相對應，其具體名稱亦爲：“角、亢、氐、房、心、尾、箕；井鬼、柳、星、張、翼、軫；奎、婁、胃、昴、畢、觜、參；斗、牛、女、虛、危、室、壁來命名。對于步法之詳細運用，我將另著專論。

3. 矮身側擊，變化存焉。

野馬彈蹄，姿勢是矮身側擊，腿擊之後應該隨時準備翻身輪劈和躍起扑擊，心藏兵機、胸有成竹。

step shift routes, whose operation and orientation correspond to the following 28 constellations in the night sky: *Jiao, Kang, Di, Fang, Xin, Wei, Ji, Jing, Gui, Liu, Xing, Zhang, Yi, Zhen, Kui, Lou, Wei, Ang, Bi, Zi, Can, Dou, Niü, Nü, Xu, Wei, Shi* and *Bi.* The step shift routes are named after them and will be discussed in another book.

3. Attack flankly with a crouching posture and be ready to change strategems.

Be well prepared to follow this leg attack with chopping or leaping attacks.



13

五、毒蛇捲舌

此腿法爲專取中極穴之側攻型腿擊法，在實戰中，過强之敵，猝然攻來，拳腿交加，迅速襲至眼前，卒然臨之的威脅使人感到似無路可遁，急以身法作左(右)閃，使敵拳脚落空，同時以手臂之勁，捲格敵臂，隨即起脚，從側面向敵攻擊，專取敵之“中極”穴。因此腿法在上臂護定中路後起腿捲放擊敵,故得“毒蛇捲舌”之名。

圖13：

敵我力量基本均勢，但其以“速度”襲我，對我猛扑，我即向左（右）略閃身。

圖14：

緊承上式，我以雙臂護定中路，化空捲格敵上盤進攻之扑勢，急起毒蛇捲舌腿法，攻入敵“中極”穴。

圖15：

敵被擊中後倒，我趁勢反擊式。



14

5. THE VIPER ROLLS ITS TONGUE

This is a flank leg-attack method aimed at the enemy's acupoint of *Zhongji* (navel). When, in actual combat, a strong enemy mounts a sudden attack with both fists and legs and closes swiftly in on you, creating a situation in which you seem to have no escape, you dodge left (right) with bodywork to make his fist and leg attacks fall short of their goal; and at the same time parry the enemy's arms and kick out your leg from the flank at his *Zhongji* acupoint. The leg attack is composed of two successive movements: protection of one's own middle part and a rolling leg attack. Hence the name.

Fig. 13

The two sides are balanced in power. In face of enemy's sudden assault with high speed, I dodge to left (right) a little.

Fig. 14

Immediately following the above, I protect middle part with both arms, dissolve enemy's attacking force with parrying and then immediately execute the Viper Rolls Its Tongue to hit his *Zhongji* acupoint.



15

動作要領：

1. 此腿法以脚後掌擊敵。

2. 關鍵在“內”，閃應恰到好處。

3. 旣閃且踢，閃踢連動。動作之始終、眼睛應瞄准敵之“中極”空擋。

實戰要點：

1. 閃擊同時，其要在閃。

毒蛇捲舌：其要在身法之閃，是否被敵先行擊中，能不能閃開，是此腿擊法能否有效，順達地運用的關鍵。

2. 身閃步定，下盤不移

在運用此腿擊時的身閃，步法并不移動，是以身閃的一瞬間反擊敵勢。

3. 護定中路，萬勿疏忽

身形雖已閃空敵擊來之勢，但兩臂必須護定中路，以防敵前冲餘勢擊中自己中盤要害。上盤也應堅決護定，捲格敵臂，應有吸敵來勁之意，以減少敵之變化，使捲舌腿擊奏效。

Fig. 15

Enemy, when hit, tumbles backward. I follow with further attacks.

Essentials:

1. Strike the enemy with the heel.
2. The key lies in dodging, which should be just right.
3. Dodging and kicking should be simultaneous, and throughout the action, one's eyes should be fixed on the opening around the enemy's *Zhongji* acupoint.

Key points in actual combat:

1. Dodging and striking should be simultaneous with the key lying in the former.

Successful dodging effected by bodywork is the key to the effectiveness of this leg attack and for the prevention of being hit first by the enemy's fist.

2. The dodging is effected without shifting one's lower part.

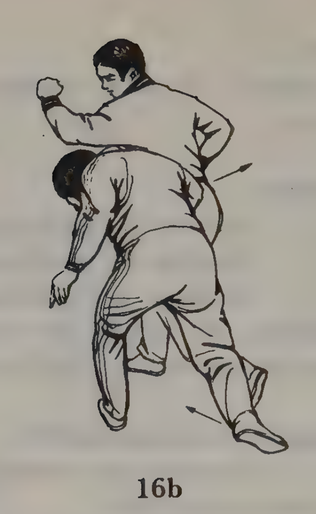
There is no shift of steps in dodging. The counterattack is effected in the split-second when the dodging is done.

3. Take good care to protect one's own middle part.

To avoid being hit in the middle part, one's two arms must protect the area even after dodging away from the enemy's attack. Protection of the upper part is also necessary. Parrying the enemy's thrusting arms is to dissolve his charging force, limit his changes of action and make one's own leg attack effective.



16a



16b

六、倒勾崑崙

此腿法爲勾踢性之普通腿擊法。以勾擊敵脚後蹱之昆侖穴而得名，此腿擊方法比較常見，在武術的名家流派中，均有所見。但是在實戰中要運用得好，要達到腿起人翻的擊打效果，却幷不容易。所以，這就需要在搏擊的全過程中，緊緊地把握形勢，于得機得勢時用之，方能奏效。

圖16 a. b.：

敵正面以大橫拳或直拳攻我，我急向後閃身。

圖17：

緊承上式，我隨即以兩手抹擊敵之臂、頸部，同時以腿勾擊敵之“崑崙”穴，使之翻跌。



17

6. HOOKING THE *KUNLUN* ACUPOINT

This is a common hooking leg-attack method, so named because it aims at the acupoint of *Kunlun* on the enemy's heel. Common as it is, it is not easy to use well enough to topple the enemy at one blow. It is, therefore, necessary to closely size up the situation throughout the combat and use it at the most opportune juncture.

Fig. 16a, b

Enemy mounts frontal attack with long-range horizontal or straight fist attacks. I dodge backward swiftly.

Fig. 17

Immediately following the above, I rub-strike enemy's arms and neck with both hands, and simultaneously hook at enemy's *Kunlun* acupoint to make him topple.

動作要領：

1. 用自己的踝關節前面之“解溪”穴部位，勾擊敵“昆侖”。

2. 手之抹捋要准確。

3. 手捋與脚勾踢同時進行，且方向相反。

4. 後閃身以避過敵之攻擊爲度，不可過於後仰，否則就無法夠着抹捋敵臂了。

5. 閃身後，隨即抹捋勾踢，不可滯疑，失去時機。

實戰要點：

1. 抹捋勾踢，側身順遂。

側身應敵是搏擊中的一般原則，但是本門派則講究在搏擊時的自然應對，無須側身，是當然必須有較高的功夫。但就本動作而言，則是以側身應敵爲順遂。

2. 擊中崑崙，大腿酸痲。

勾踢之腿擊，務須准確地擊中穴位。崑崙被擊中後，會使敵傾刻出現劇烈的疼痛，小腿痙攣，甚至波及大腿酸痲的效果。但是，此腿擊法之極終目的爲了使敵翻跌，需要有一定的技巧性。所以，在練習該腿擊時，需要有反復的手捋和脚勾的動作協調訓練。

3. 抹捋敵之臂頸部，也是一種化勁，而不是擊打之勁，勁運于抓捋之時，屬于貼附之帶動，不是頂撞之勁。

Essentials:

1. Kick the *Kunlun* with the part of the foot where *Jiexi* acupoint is located (before the anklebone).

2. Hand rubbing should be accurate.

3. Hand rubbing and the kick should be simultaneous and opposite in direction.

4. Backward dodging should be effected to the extent of just evading the enemy's attacks. Too much inclining backward would make hand rubbing impossible.

5. The dodging should be followed immediately by the rubbing and kicking. No delay is allowed.

Key points in actual combat:

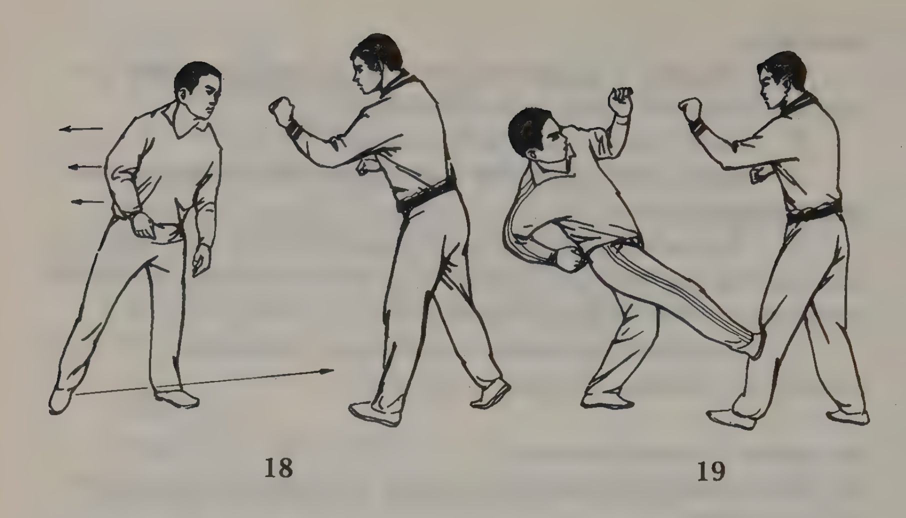
1. When rubbing and kicking, it is better to turn the body sideways a little.

It is a general principle in combat art to face the enemy sideways in making a counterattack. This school, however, lays emphasis on a natural posture when confronting the enemy. This certainly requires a high level of skill. But as far as this leg attack is concerned, facing the enemy sideways is preferred.

2. Hitting the *Kunlun* acupoint makes the stricken leg tingling and numb.

The hooking attack must be accurate. Being hit at the *Kunlun* acupoint, the enemy will fall down and feel an acute pain, with the shank suffering from spasms and the leg numb. The ultimate aim of this leg attack is to topple the enemy, which requires a certain level of skill. Constant practice of coordinated hand rubbing and leg hooking, therefore, is necessary.

3. Rub-drawing the enemy's arms and neck is meant to dissolve the enemy's momentum and not as a major strike. And the force involved in the process of rubbing is effected by the hand pressing down on and drawing the enemy's arms and neck, instead of butting against him.



18　　　　19

七、迎面短腿

此腿法爲下盤阻擋性腿擊法，專事攻擊敵之小腿脛骨面。因該腿法攻擊高度較低，便于頻頻出擊而迅速回收，在直觀上沒有其它腿法爲高長，故而得名，該腿擊出高度低，相對來說攻擊時危險性較小，而其作用却幷不小而較樂意爲新手採用。實戰時對于不明情況的對手擊出短腿，能試敵方應變能力，遇到過强之敵勢，屢屢攻我，我也可以用此腿法，有效地阻擊挫敗敵之攻勢，爲實戰的基本腿擊法之一。

圖18：

敵我相峙，雙方伺機進擊。

圖19：

敵正欲提腿進擊時，我即起腿攻敵“三陰交”穴位橫線之腔骨面，敵即被阻擋。

7. THE FRONTAL SHORT LEG

This is a lower-part obstructing leg-attack method aimed at the enemy's shin bone. The attack derives its name from the fact that it is executed at a low height, is capable of frequent thrusting and swift drawing back, and to a viewer's eye, is shorter and lower than other leg attacks. Its low position makes it comparatively less dangerous but not less effective in actual combat, and, therefore, is often used by beginners. In actual combat, kicking out this short leg against an opponent whose skill and intentions are not clear can probe his ability of effecting tactical changes; and, when confronted by a powerful enemy attacking fiercely, you can also use this leg attack to effectively thwart his assaults. It is, therefore, one of the basic leg-attack methods.

Fig. 18

The opponents in confrontation are waiting for opportunities to attack.

Fig. 19

As enemy is about to raise leg for attack, I swiftly raise leg to kick his shin bone beside the acupoint of *Sanyinjiao.*

Essentials:

1. Both the fore sole and the heel may be used in the leg attack subject to concrete situations in actual combat.
2. Keep leg close to the ground when kicking out.
3. The kick should be sudden and accurate without any hesitation.

Key points in actual combat:

1. The short leg is not short.

Although named a short leg attack, it is not short when being kicked out. At the moment when the leg is out and hits the enemy, one should incline one's upper part as backward as possible and stretch one's leg to the greatest extent to block the

動作要領：

1. 此腿擊敵用的脚掌心分二個部位。可以分別用脚前掌和脚後掌兩種，在不同的實戰勢態下，區别使用。

2. 短腿出擊時，要貼地而發。

3. 勁力要求猝彈，發腿擊時要准確而毫不猶豫。

實戰要點：

1. 短腿非短，奏效于長。

短腿名曰短，其實踢出時幷非短，在出擊和擊中目標的一瞬間，上身盡力後閃而下脚盡量放長、貼地而進，盡可能地將敵阻擊于最遠距離。鑒于這一特點，這正好和其它腿擊法，盡可能地將敵放進來的原則相反。

2. 准確狠煞，在于挫骨。

短腿由于其進攻時的腿行路線較低，能蔭蔽的進攻，實戰時容易得手，但要求准確。沒有准就談不上狠，短腿“狠”的標誌在于“挫骨”。在“三陰交”穴一線之脛骨面被挫時，輕者皮破血流筋骨痠痛，重者骨裂骨斷，頃刻倒地。

3. 身閃腿出，攻守協調。

上身之後傾作用有二：下腿放長，使腿擊有最遠的戰鬥距離；上身可避空敵之攻勢。所以，要求出腿擊和後傾身要協調、一致。

4. 接連進迫，形勢得先。

短腿如首擊成功，可頻頻使用，接連進迫，而致敵不斷後退。

5. 綜合使用，天衣無縫。

短腿可接連其他腿法和擊打動作綜合使用。因其出腿之利索，可任意接續其他任何招式攻敵，決無不妥貼之處，尤如天衣無縫。但極重要之處，在于敵方突然變招，以高腿反扑。

enemy at the greatest possible distance. This characteristic is the very opposite of the principle for other leg attacks: to draw the enemy as close to oneself as possible.

2. The power of the leg attack lies in hitting the enemy's shin bone, file-style.

As the leg attack is comparatively hidden because of the low route of its movement, it is easy to take effect in actual combat. But a prerequisite is accuracy, without which no power can be spoken of. The mark of success for the short leg attack is the "filing of the bone." Being hit as if by a file, the part covering the shin bone will bleed, causing great pain, or, in more serious cases, the bone will fracture, bringing down the enemy instantly.

3. Body inclining and leg attacking should be co-ordinated.

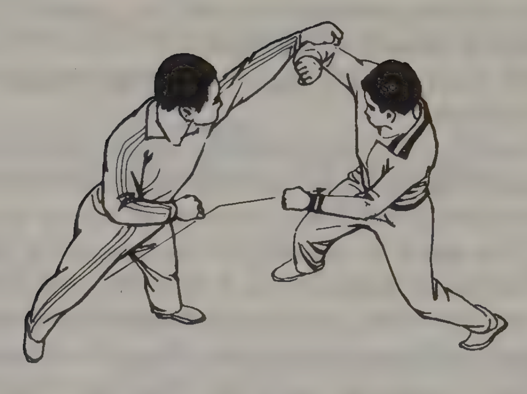
The backward inclining of one's upper part has two functions: a) to stretch out the leg to ensure the greatest possible combat distance; and b) to evade the enemy's attacks against your upper part. Coordination of these two movements, therefore, is necessary.

4. Make continuous kicks and keep on the offensive.

If the short leg successfully hits the enemy's shin bone, it can be repeated to force the enemy to keep retreating.

5. Used with other leg-attack methods, it presents no loopholes.

Because the short leg attack is nimble and neat, it can be followed by any leg-attack methods without leaving loopholes. One must, however, be careful if the enemy suddenly changes strategem and counterattacks with high-position leg attacks.



20

八、毒蛇串腿

此腿法專取“神闕”（肚臍眼），攻擊中盤之偏中路腿擊法。爲實戰中攻擊性腿擊動作。因其進擊時，在其它手法的掩護或完全無手法掩護的情况下，徑而起腿，直奔中盤，故而獲名，此腿法極爲靈活，如蛇串行，故常用于試敵應手。或作用于攻擊反應較遲緩之敵，爲實戰中的基本腿擊法。

圖20：

敵我相峙估計均勢；或經試敵應手後，敵勢弱于我；或敵勢强弱未明，但也不來攻，可立即進招撲以迎面拳。

圖21：

緊承上式，此時敵如頓、如退、如轉、如攻，無論何種變化，隨即起毒蛇串腹腿法，斜門攻入。



21

8. THE VIPER LUNGES AT THE BELLY

This is a frontal leg-attack method aimed at the enemy's middle part, his navel in particular. It is an offensive leg attack in actual combat. Under cover of other actions or without any cover, the leg strikes directly at the enemy's middle part, hence the name. Extremely nimble, like a serpentining snake, it is often used to lure the enemy into actions or cope with comparatively dull enemies. It is a basic leg attack in actual combat.

Fig. 20

Swiftly launch frontal fist attacks when: enemy has equal strength; enemy is weaker; or enemy who does not actively attack.

Fig. 21

Immediately following the above, I use the Viper Lunges at the Belly to hit enemy from an angle regardless of whatever movements enemy may engage, whether it is pausing, retreating, turning or advancing.



22

圖22：

敵遭擊後，我即連續其餘攻勢動作，相繼撲入。

動作要領：

1. 以脚前掌擊敵。

2. 動作時體形周正，不失重心。

3. 起脚攻敵後，不論擊中與否，立即收回，連續其它招式。

4. 動作攻擊之突然性要強。

實戰要點：

1. 進擊墊步，加大“射”程。

在腿擊時，可有二種情況，一是原地進擊起腿，隨勢而發，無須前進。二是加一墊步，加大射程，在敵方後退、轉移時，我之應變很需要有這種縱深之攻擊。

2. 攻勢凌厲，拳法必重。

在攻擊腿法之後的拳式連動，其攻擊爆發力一定要重，以徹底挫敗敵之反擊意圖。

Fig. 22

Follow with successive attacks after enemy is hit.

Essentials:

1. Kick the enemy with the fore sole.
2. Keep oneself balanced when attacking.
3. Whether the leg hits the enemy or not, it should be drawn back immediately, to be followed by other moves.
4. The kick should have a high degree of suddenness.

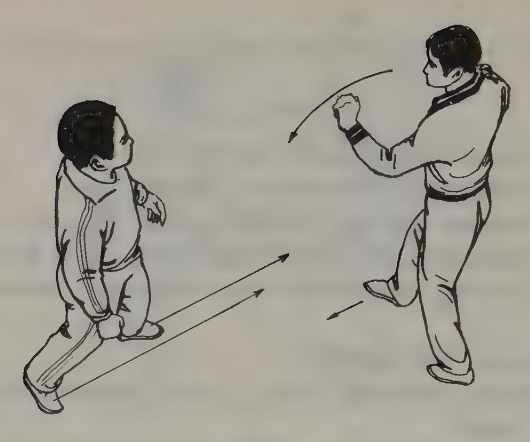
Key points in actual combat:

1. When attacking, make a step forward to increase the "shooting" range.

The leg kick can be executed in two ways: a) Kick out on the original spot; b) Make a step forward to increase the shooting range. When the enemy is retreating or shifting, such adaptation is necessary.

2. Fist attacks must be powerful.

The fist actions, which follow the leg attack, must be explosively powerful to thwart completely the enemy's intentions of counterattack.



23

九、白鶴伸腰

此腿法專取敵腰眼之轉移性腿擊法，因其在動作時,擰轉身軀，側腿後擊，狀似鶴之伸腰而名。爲實戰基本轉移性腿擊法之一。

圖23：

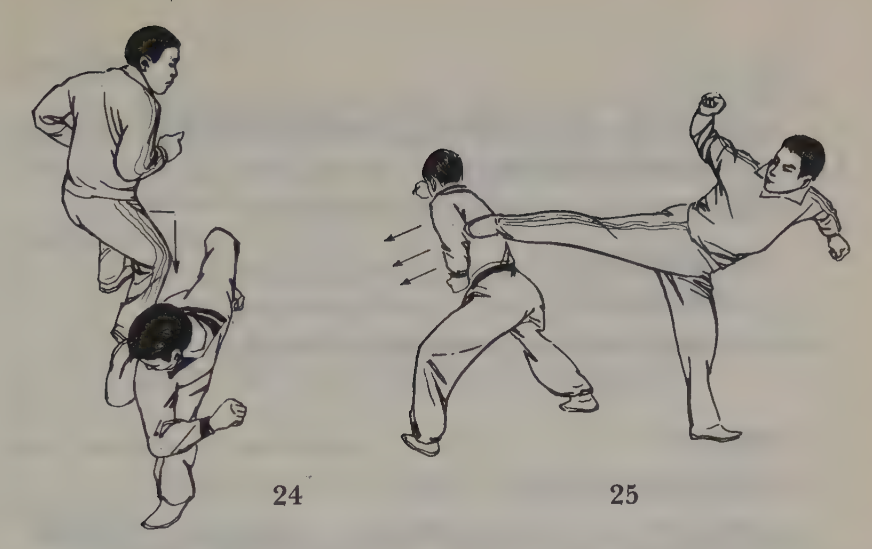
敵對我猛施攻擊，我即向斜後撤半步，暫避敵勢。

圖24：

承上式，敵繼續進擊于我，我隨即串步于斜前方，扭轉身軀，以脚踵彈擊敵之腰眼穴。

圖25：

敵被擊後扑跌，我隨即翻身制以擒勢。



24 25

9. THE WHITE CRANE STRETCHES ITS WAIST

This is a transferring leg-attack method aimed at the sides of the enemy's waist. In executing this leg-attack method, the combatant turns his body sideways and kicks a flank leg behind the enemy at the target, like a crane stretching its waist, hence the name. It is one of the basic leg-attack methods.

Fig. 23

Enemy attacks fiercely. I retreat half a step obliquely to evade his momentum.

Fig. 24

Immediately following the above, as enemy continues to charge forward, I abruptly advance obliquely, turn body and strike the side of enemy's waist with heel.

Fig. 25

I turn over to capture enemy when he falls down.

動作要領：

1. 斜後撤半步，旨在引敵轉身，不必騰出很遠的距離，只要和敵之攻擊前進的距離相適應就可。

2. 串步向斜前方則需要進斜前方一大步。

3. 翻扭身軀要協調。

4. 以脚後踵攻擊敵。

5. 對準腰眼，橫擺攻擊，擊勢要脆，不能滯緩。

實戰要點：

1. 後撤斜進，貫穿一氣。

後撤和斜進，是一個完整的轉移動作，要連續進行，旨在轉移至敵方的側面實行腿擊。

2. 後踵腿擊，轉腰發勁。

此腿擊的發勁,關鍵在于利用扭轉腰肢的旋轉勢能來打擊敵方。

3. 奇正相生，方保無虞

此動作爲奇形腿擊，隨時應轉爲正勢擊敵，這樣才不會在實戰中遇到危險。

Essentials:

1. The oblique retreat of half a step, which is meant to lure the enemy to turn his body, needs only cover a distance corresponding to that covered by the advancing enemy.
2. When advancing in an oblique direction, a big step should be taken.
3. The turning of the body should be coordinated.
4. Strike the enemy with the heel.
5. The leg attack should be aimed accurately at the side of the enemy's waist. Be swift and move horizontally.

Key points in actual combat:

1. Retreating and advancing should be finished in quick succession.

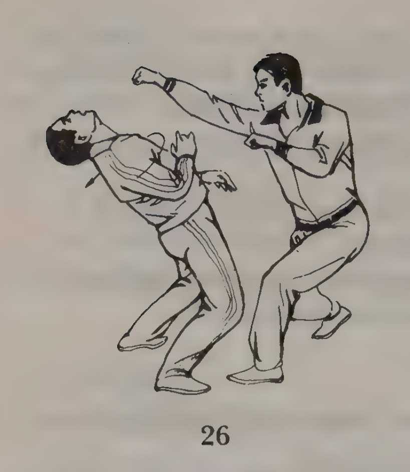
The two moves are meant to shift oneself to the enemy's flank for executing the leg attack. Therefore, they should be carried out in succession.

2. Use the heel for the attack and turn the waist to produce force.

The power of this leg attack lies in using the momentum produced by the turning of the waist.

3. Coordinate unconventional with conventional movements to prevent any loopholes.

This leg attack is an unconventional one, and should immediately be followed by conventional attacks to forestall any dangers.



26



27

十、豹子剪尾

此腿法爲專襲敵陰部之轉體俯身絕招性腿擊法，以凶猛尤如豹之轉體而得名。何爲“絕招”？即當被敵猛烈的進攻所迫過甚，窮而無計可施時，突然出現的有效而沉重的反擊手段，稱爲絕招。此腿擊方法應用于敵勢過强，或敵猝然拳脚交加臨于前面時使用。

圖26：

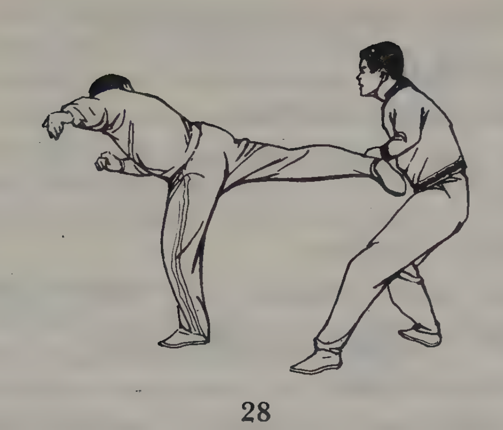
敵拳猝臨眼前，我失勢後傾，急起間似無路可走，無法轉移形勢。

圖27：

我急利用後傾之機，轉體下俯，起後蹬腿踢擊敵陰部。

圖28：

敵受擊後必倒地，我趁勢轉體擒勢。



28

10. THE LEOPARD SWINGS ITS TAIL

This is a unique body-turning and crouching leg-attack method aimed at the enemy's private parts. It is as fierce as a leopard turning its body for an attack, hence the name. It is unique in that, when cornered by the violent attacks of the enemy, the combatant suddenly makes an unexpected and violent move defeating the enemy. This leg attack is used either when the enemy is stronger or when he suddenly closes in on one with fierce leg and fist attacks.

Fig. 26

Enemy suddenly closes in with overpowering fist attacks, I lean backward and seem to have no way to extricate or shift.

Fig. 27

I make use of backward inclination to suddenly turn body and crouch down simultaneously, and then raise hind leg to kick at enemy's private parts.

Fig. 28

I turn over to capture enemy when he is brought prostrate by the kick.

動作要領：

1. 轉體要迅速，下俯後眼睛仍應盯着目標。

2. 用脚後掌擊敵。

3. 轉體後立即腿擊，刻不容緩。

4. 轉體—腿擊—再轉體反擊應協調一致。

實戰要點：

1. 敵猝臨至，從容應變。

敵勢過强，內心應“靜如處女”，“心要靜，氣要沉”，不要慌張，沉着應戰，縱使敵强，也要瞄準敵空擋。

2. 翻轉身軀，豹子掃尾

軀體扭轉和後腿擊出應于同時進行，該動作的突然性越强，越易奏效。

3. 被敵擊中，不可滯疑。

在我動作過程中，因敵亦在前進攻勢迅速，可能被其擊中。但我仍以該動作瞄準敵之下陰空擋擊出，不可滯疑，以獲反敗爲勝。

Essentials:

1. The body-turning must be swift, and while squatting down, one must fix one's eyes on the target.

2. Kick the enemy with the heel.

3. The body-turning should be followed immediately by the kick, no delay is allowed.

4. Body-turning — kicking — another body-turning, the sequence of actions should be well coordinated.

Key points in actual combat:

1. Be calm and ready to change strategem when confronted by the sudden assault of the enemy.

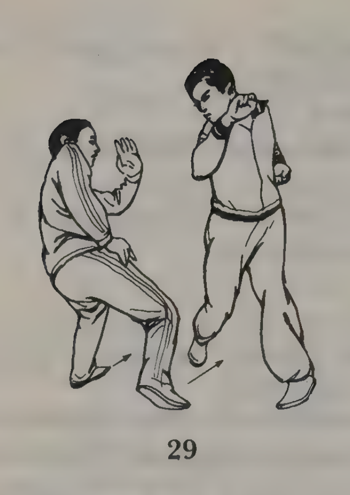
If the enemy is too powerful, one should first be "as calm as a virgin." On no account should one be flustered. The more powerful the enemy is, the more important it is for one to aim the attack accurately at the enemy's opening to achieve success.

2. Turn the body like a leopard swinging its tail.

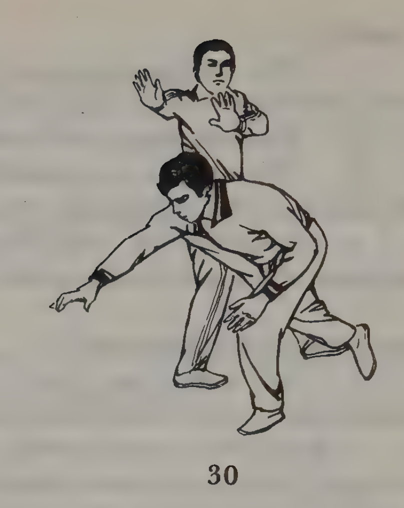
Body-turning and the kicking out of the hind leg should proceed simultaneously. The more sudden and unexpected the move, the better the effect.

3. If one is hit by the enemy, execute the same leg attack without any hesitation.

You might be hit by the enemy in your movements because he is also on a swift move. In such a case, continue to strike accurately without hesitation at the enemy's opening at his private parts to turn the tables.



29



30

十一、羅漢彈踢

此腿法爲專取下盤之勾踢性腿擊法。在練習該腿法的單練動作時，頗似小沙彌踢地上小石塊玩耍，故而得名。在實戰使用時，其動作方向和倒勾崑崙有所區別。倒勾崑崙爲後腿側起踢擊，從後勾擊脚後跟部崙崙要穴，而羅漢彈踢則是以小套步，于敵進攻我之際，套往敵之側面，以我之脚前彎解溪穴部勾擊敵方解溪穴部，雙手擊打敵之背部，以達到致敵向前扑跌的效果，是順勢擊敵，此腿擊法在使用時的技巧要求和實戰經驗都應該較高。

圖29：

設敵從我左（右）側以拳襲來，我即低姿套步，迴旋于敵左（右）身側，以左（右）手捋格住敵右（左）手，隨即後牽引之。

圖30：

緊承上式，急起左（右）腿，勾踢敵脚踝，同時以左（右）手繼續牽引，緊接着換手，以雙掌切擊敵背，令敵扑跌。

11. THE ARHAT KICKS PEBBLES

This is a hooking leg-attack method aimed at the enemy's lower part. In the practice of this single leg-attack method, the combatant looks like a monk playing with pebbles on the ground, hence the name. Used in actual combat, it is different from the method of Hooking the *Kunlun* Acupoint, which involves a flank kick with the heel at the enemy's vital *Kunlun* acupoint. The present leg attack is executed as follows: Use small steps to press down on the enemy's flank on the one hand and use that part of the foot where *Jiexi* acupoint is located to make a hooking attack at the enemy's *Jiexi* acupoint on the other. At the same time strike the enemy's back with both hands to make him fall face downward. The attack is conducted by utilizing the enemy's own force. The execution of this leg attack requires a high level of skill and combat experience.

Fig. 29

Suppose enemy attacks my left (right) flank with fists. I swiftly move with small steps, while keeping a low posture, to his back, circle round his left (right) flank and rub-draw his right (left) hand with my left (right) hand, bringing him backward.

Fig. 30

Immediately following the above, I swiftly hook at enemy's ankle while my drawing action with left (right) hand is still in mqtion, and then quickly move both hands to chop enemy's back with palms, laying him prostrate.

動作要領：

1. 套步，起腿擊，掌切要協調一致。

2. 左（右）手牽引換至雙掌切擊要連續成一個動作。

實戰要點：

1. 敵進我迴，上牽下踢。

當敵攻來時，我要敢于迂迴、套步要純熟，牽引要堅決。上牽下踢相向而行要協調。

2. 牽失踢空，隨招變招。

牽引失敗，勾踢被敵避空，隨即應變，以其它招法進攻，以免招致失敗，因羅漢彈踢後面可以相當順遂地連接許多攻擊動作。

Essentials:

1. The small steps to the back, the kick and the chopping of the palms should be coordinated.

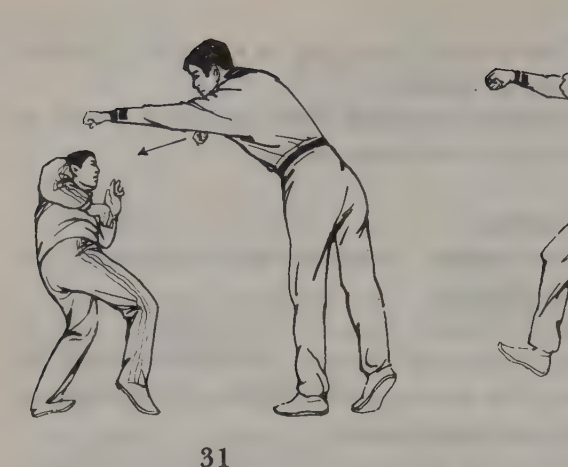
2. The drawing action and the palm chopping should be well connected like a single continuous action.

Key points in actual combat:

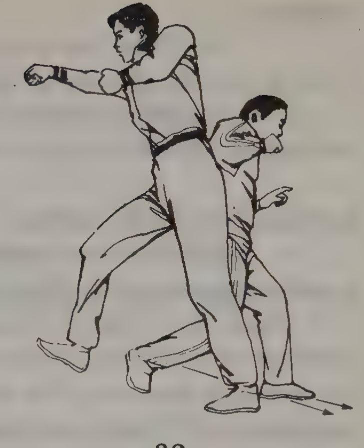
1. Outflank the enemy when he charges forward and combine drawing with kicking.

When the enemy charges forward, you should dare to outflank him. The small steps to the back should be skillful and the drawing resolute. The drawing and kicking are in opposite directions, but should be coordinated.

2. If the drawing fails and the kick is evaded, immediately change strategems and mount other attacks in order to avoid defeat. The Arhat Kicks Pebbles method can be followed very easily by other offensive actions.



31



32 a

十二、黑虎剪尾

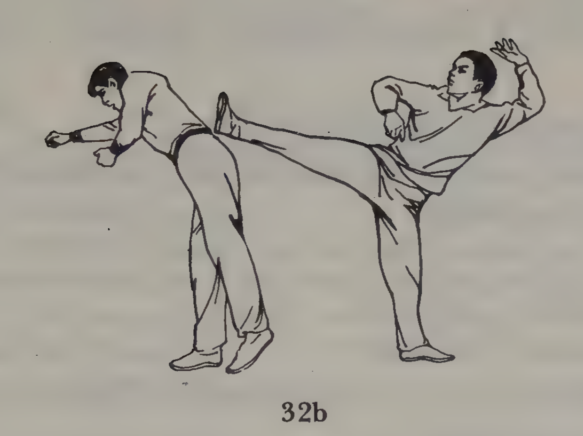
此腿法爲專取敵命門穴轉移性側後擊腿擊法。該腿擊法在實戰時運用後撤，再前進的步法轉移，尤如虎勢之奔躍，故而獲此名。在敵勢過强，持自己力量大，但經驗并不很足之敵，運用此腿擊法，較能奏效。而且往往能一擊致勝，爲實戰中基本轉移性腿擊法。

圖31：

設敵以密集之拳猛攻我上盤，并以步法快速推進，我急向左（右）後側撤步，并將上體左（右）轉，以避敵勢。

圖32 a. b.：

緊承上式，我急上步繞至敵右（左）後側，上身低姿起側擊腿法，攻敵命門。敵如前進速度較快，此時尚未轉身，必中命門無疑。敵如較靈敏，已呈右（左）轉體狀態，則必中神闕穴坐跌。



32b

12. THE BLACK TIGER SWINGS ITS TAIL

This is a transferring leg-attack method aimed at the acupoint of *Mingmen* on the enemy's back (corresponding to his navel in the front). The execution of this leg attack involves a transfer movement of first retreating and then advancing, like a leaping tiger, hence the name. It can be used to good effect when the enemy is quite powerful but short on experience. Often a single strike with this method can defeat the enemy. Therefore it is a basic transferring leg-attack method in actual combat.

Fig. 31

Suppose enemy attacks my upper part with violent and quick fist blows and closes in with quick steps. I swiftly step backward a little to left (right) and simultaneously turn torso to left (right) to evade enemy's attacks.

Fig. 32a, b

Immediately following the above, I swiftly make a detour behind right (left) flank of enemy, and with torso keeping low, kick out in a flank manner at enemy's *Mingmen* acupoint. If enemy is charging forward with great speed, the kick will undoubtedly hit the target because enemy does not have time to

動作要領：

1. 後撤要迅速，緊接着上步繞敵後，步法要統一，一致而不散亂。

2. 起腿擊時不能高姿，防敵反擊得勢。

3. 全部進、退動作，要成套協調、連貫，不能散如二個動作。

4. 要以脚後掌擊敵。

實戰要點：

1. 剪尾要訣，在于騰挪。

後撤和斜進迂迴，是爲了達到側擊敵方命門的目的，所以整套騰挪步法必須純熟貫穿一氣。

2. 敵方直攻，經驗不足。

此腿法在敵方只知直攻擊，未能有效轉移，實戰經驗較差者，可用此腿，且屢試屢驗，非常有效。

3. 腿擊果斷，步法靈敏。

此腿擊的基本條件爲獲得側面之利。因此，起腿擊必須果斷，及時，在騰挪換步時，隨時應將出擊腿，換好位置。

turn body: if enemy is nimble enough to have turned body to right (left), then the kick will get at his navel, causing him to tumble.

Essentials:

1. The retreat must be swift and followed immediately by the detour movement. The two movements must be in a natural and well-coordinated sequence.
2. When kicking out the leg, keep in a low position, lest the enemy should get the upper hand by counterattacks.
3. The advancing and retreating actions should be coordinated and connected.
4. Hit with the heel.

Key points in actual combat:

1. The secret to success of this leg attack lies in the shuffle movement.

As retreating and detouring prepare the way for the flank leg strike at the enemy's *Mingmen* acupoint, the whole set of shuffling steps should be dexterous and well-coordinated.

2. Use this leg-attack method when the enemy knows only frontal attacks, shifts failingly and lacks experience. It is very effective when used in this way.
3. Combine resolute kicking with dexterous steps.

The basic condition for the execution of this leg attack is the acquirement of a flank-attack position. Therefore the kick must be resolute and timely, and, in the change of steps during the shuffle, the leg to be kicked out should be in good position.



33

十三、惡蛇鑽心

此腿法爲專取敵膻中穴，擊敵中盤之轉體絕招性腿擊法。以此動作進擊時，狀如蛇之游進，翻轉迴踢，連續擊打非常凶惡而獲名。在實際戰鬥中，往往會遇到比我强大之敵，但并不貿然的攻擊。而是上下嚴守，步步進逼，在形勢緊迫，似無妙招可破時，即使用該腿法于以進擊，立破過强之敵勢。

圖33：

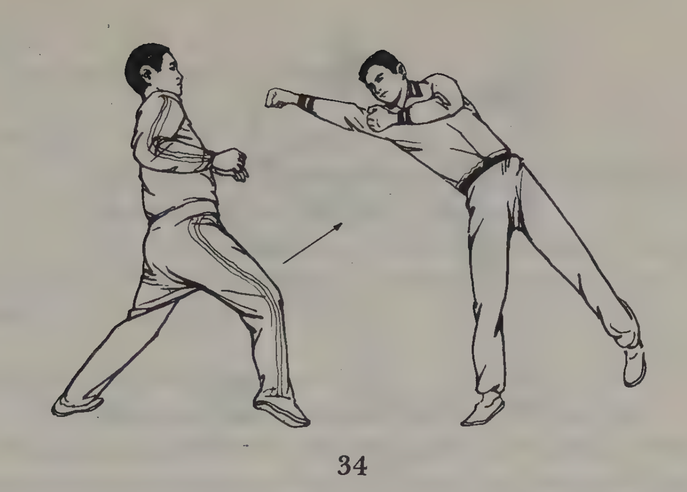
敵正面步步逼進，我即以拳直擊其上部，誘其來格守式反擊。

圖34：

敵如眞受誘來攻，我急退出一大步，隨即左（右）轉體，右（左）腿退出一大步以避空敵勢，敵繼續推進，我即借左（右）轉體之勢，擊出左腿，攻入敵神闕穴。

圖35：

旋即反擊勢。



34

13. THE VIPER STRIKES AT THE HEART

This unique body-turning leg attack is directed at the middle part of the enemy's body, his acupoint of *Shanzhong* in particular. The movement of this attack is like a snake serpentining forward in its fierce, ferocious and continuous attacks, hence the name. In actual combat, it often happens that the enemy is obviously stronger than you and yet does not make a reckless attack. Instead, he steadily closes in and is on strict guard against possible attacks from you. This leg attack is employed under such an urgent and seemingly impossible situation.

Fig. 33

Enemy steadily closes in on me. I hit him directly on the upper part with fist attacks to lure him into action.

Fig. 34

If enemy attacks upon enticement, I quickly back up a big step, followed by a left (or right) turning of body and the withdrawing of right (or left) leg, to elude enemy's attack. With enemy closing further in, I kick out left leg at enemy's navel by making use of the potential energy created by body-turning.



35

動作要領：

1. 轉體要迅速、協調。

2. 起腿要堅決、及時。

3. 以脚後掌擊敵。

4. 攻敵、轉體、後撤、擊敵，四部分要貫串。

實戰要點：

1. 攻守有據，佔心有術

可以佯攻，誘敵反扑攻來時，急撤步轉體起腿。敵如不受誘惑隨即退出時，同樣可以隨即轉體前進腿擊。

2. 旋轉得勢，勢勢相接。

以旋轉之勢能來帶動腿擊，這個力量，將是非常大的。因此腿擊之前後的動作要銜接得好，才能發揮最大的攻擊效力。

3. 賣露破綻，動作逼眞

誘敵來攻的關系在于敵露破綻，看敵是否來攻，露得逼眞，敵一定要乘勢而擊。反之，被敵識破，自然不會來上當。

Fig. 35

The swift counterattacking posture.

Essentials:

1. The body turning must be swift and coordinated.
2. The kick must be resolute and timely.
3. The four components of the movement — attacking, body turning, withdrawing and kicking — must be in a chain fashion.

Key points in actual combat:

1. Both attack and defence must be well-founded.

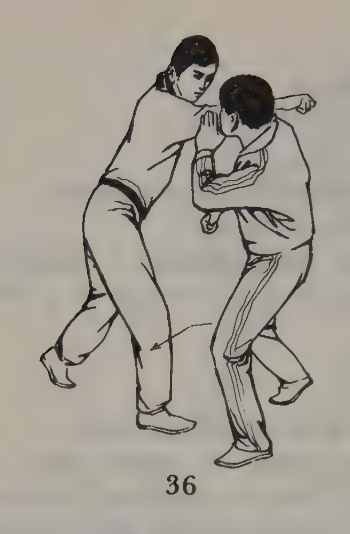
Make a feint first to lure the enemy to attack. When the enemy closes in, quickly withdraw, turn the body and kick out. If the enemy is not taken in and retreats immediately, you can defeat him by the chain actions of approaching, body turning and kicking.

2. The kicking force comes from the turning of the body.

Use body turning to produce the kicking force, which can be very powerful. To attack effectively, the movements before and after the kick must be well-linked.

3. The showing off of your weak points must look real.

The key to luring the enemy to attack lies in making the showing off of one's weak points look real. If it is seen through by the enemy as sham, he will not be taken in.



36



37

十四、怒獅踩脚

此腿法爲專攻膝關節之極猛烈的下踩性腿擊法。以其動作的迅猛，氣勢之激烈而獲“怒獅”之名。在敵我相峙，敵不貿然攻來，而我也未諳敵深淺時，可用“怒獅踩脚”腿擊法攻敵，以試敵應手。亦可以在敵試我應手時，我以突然的動作，避敵試，應以暴烈的動作，反擊其勢，爲實戰中常用的基礎腿擊法之一。

圖36：

敵以拳直擊，試我應手，我即向左（右）側前迅速移步，趨于敵進我亦進的戰鬥狀態。

圖37：

緊承上式，我隨即以右（左）脚外緣，踩擊敵之右（左）側後關節，致敵膝關節受損而跌扑。

動作要領：

1. 以脚外緣擊敵。

2. 側前移步要求毫不猶豫、迅速、果斷。

14. THE ANGRY LION STAMPS ITS FOOT

This is a powerful stamping leg-attack directed at the enemy's knee. Its name comes from the fact that the attack is extremely swift in speed and powerful in force. This method is used in a confrontation in which both the combatants are cautious with their movements: the enemy does not rashly attack, neither do you know his capabilities. It is therefore used as a tentative attack. It can also be used as a sudden counter offensive method if the enemy makes a tentative movement. You may elude the enemy's tentative attacks with abrupt actions, and counterattack his offensive with swift and powerful attacks. This is a basic leg-attack method often used in actual combat.

Fig. 36

Enemy tentatively engages me with straight fist strikes. I move swiftly forward from left (or right), creating a situation where both sides are advancing.

Fig. 37

Immediately following the above, I stamp the side and back of enemy's right (or left) knee with outer edge of my right (or left) foot, damaging it and bringing him down.

Essentials:

1. Use the outer edge of the foot in the attack.
2. The flank movement must be swift and resolute, allowing of no hesitation.
3. The stamping must be accurate and of an explosive nature.

Key points in actual combat:

1. Do not lose opportunity: approach when the enemy approaches.

In actual combat, the combat situation of the two sides approaching each other often appears and can be used to advantage. But the inexperienced, when the enemy attacks, often

3. 踩擊要準確，具有猝然的爆發勁。

實戰要點：

1. 敵進我進，機不可失。

在實戰時，敵進我進的戰鬥狀態經常有機會出現，並加以積極利用。然而，實戰經驗不足的人，在敵人發起攻擊時，往往是退出來而不利用敵周圍的“戰斗空間”，去作機動的反擊。實踐的勝負，從某種意義上來說，就在于是否能充分利用“戰斗空間”而作機動轉移。如在實踐搏擊時，能對每一個回合內的戰斗空間，全部加以利用，無論攻守，就會顯得機動、靈活，勝負也就立見了。

2. 意識貫敵，護定上盤。

在作敵進我進的轉移時，意識要高度集中。對敵方的每一個細小的動作，都看得極爲仔細，明瞭敵的每一個企圖，不爲敵的假動作所迷惑，在向側前移進時，對于自己的上盤有充分的保護，這個保護，包括二個方面：1. 動作“攔格性”的力量保護。2. 有足夠的距離估計。對于這二個方面的保護，都應在同一動作中有所準備，擇機而用。

3. 身法似蛇、腿擊似鐵。

在作怒獅踩脚時，氣勢似獅子咆吼猛烈，身法似蛇之柔韌刁鑽，在腿擊的一瞬間，要求身拉平，脚放長，從而獲得最長的戰斗擊打距離。並要求步、身、腿法三者協同，一舉破敵。

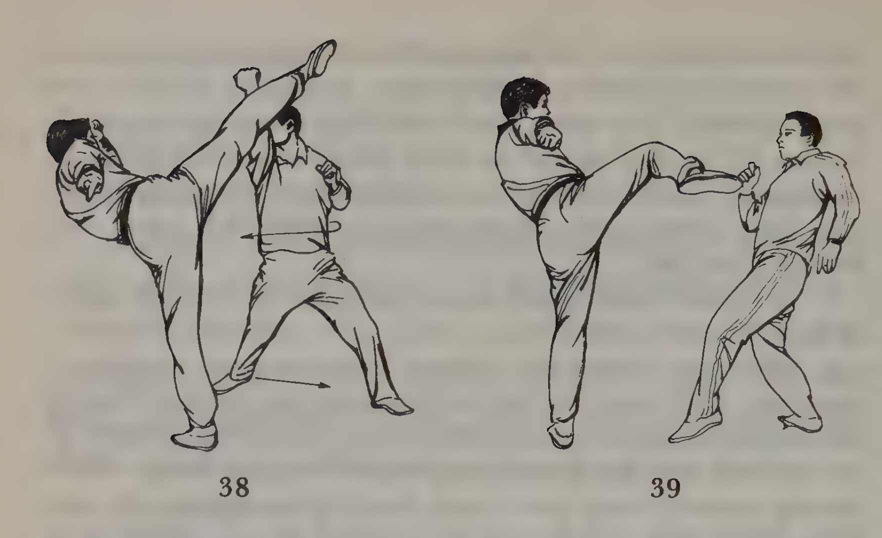
withdraws instead of making use of the "combat space" around the enemy for a mobile counterattack. Success or failure in the actual combat, in a sense, lies in whether or not one can make full use of "combat space" to effect a mobile shift. If, in actual combat, all combat spaces in a round can be used to advantage, then both attack and defence will be mobile and agile, thus leading to success.

2. Take stock of the enemy and protect one's own upper part.

When you make the transfer movement as the enemy advances, you must be highly concentrated mentally, taking careful stock of every move of the enemy to see through every of his attempts and avoid being taken in by his false moves. When moving forward from your flank, have full protection of your own upper part, which can be effected by: a) moves of a blocking nature; b) an advantageous distance kept from the enemy. Such protection should be readily employed in the same move and effected when situation calls for.

3. Bodywork should be like that of a snake, and the kick as hard as iron.

When stamping one's foot like an angry lion, the combatant should have a momentum as great as that of a roaring lion, a bodywork as gentle and tricky as that of a snake. At the moment of the kick, the body should be horizontally stretched, the leg extended, to have the maximum combat distance. In addition, one's stepwork, bodywork and legwork should be highly coordinated to defeat the enemy in one single assault.



38　　　　39

十五、烏龍掃地

此腿法爲專攻膝蓋臏骨之轉體型下盤腿擊法。其攻擊之勢，尤如龍之迴旋轉掃而得名。在實戰時，敵以高腿攻我，其勢急而猛烈，我即可以此腿法破之。

圖38：

敵以右（左）高腿攻我頭部。

圖39：

我即向左（右）旋轉身軀，以敵進我進的原則，向右前斜進步。

圖40：

緊承上式，隨即發腿，以左（右）腿外側向敵膝蓋臏骨踢去。敵必摔跌。



40

15. THE BLACK DRAGON SWEEPS THE GROUND

This is a body-turning leg-attack directed at the enemy's kneecap. Its name comes from the fact that the attack is like a swirling and sweeping dragon. In actual combat, when the enemy makes swift and fierce high-position leg attacks, one can thwart the assault with this method.

Fig. 38

Enemy hits at my head with right (left) leg in a high-position attack.

Fig. 39

I turn body left (right) and move right flank forward following the principle of countering advancing with advancing.

Fig. 40

Immediately following the above, I kick out left (right) leg and hit enemy's kneecap with the outside edge of foot. Enemy is sure to fall.

動作要領：

1. 關鍵在轉體，轉體要迅速、協調。

2. 腿擊要領在于充分利用轉體的勢能。

3. 腿擊要准確。

4. 轉體時，中、上盤要有自我保護。

實踐要點：

1. 以腿破腿，本門要旨。

以迅烈的腿擊來解破敵方對我的腿擊，是金剛禪自然門的一條重要的實戰原則。腿擊術是中國武術區別和優勝于其它"西洋拳擊"和其它搏擊術的關鍵。目前，在日本和西歐的一些具有腿擊法的搏擊流派，諸如空手道、跆拳道等等，莫不是中國武術之腿擊法的演變。以腿擊來解破腿擊，實是腿擊術中的精要所在。

2. 高腿攻來，須防膝擊

敵方以高腿攻我，我之轉體攻敵膝蓋，但也要防止敵方的攻擊腿之膝蓋突然變招攻我。因此，我在實行烏龍掃地時，必須嚴密防守中、上盤，以免失虞。

3. 准確協調　迅速自然

在實行烏龍掃地時，腿擊的准確至關重要。務必力求使其臏骨脫出爲度。此動作的協調完成和迅速自然有密切的關係。只有迅速和自然，才會體現腿擊時的爆發勁，否則敵方雖遭攻擊，但並不奏效。

Essentials:

1. The key link is body turning, which should be swift and coordinated.

2. Effective leg kick comes from making full use of the momentum of the body-turning.

3. The kick must be accurate.

4. Have protection over one's own upper and middle parts when turning the body.

Key points in actual combat:

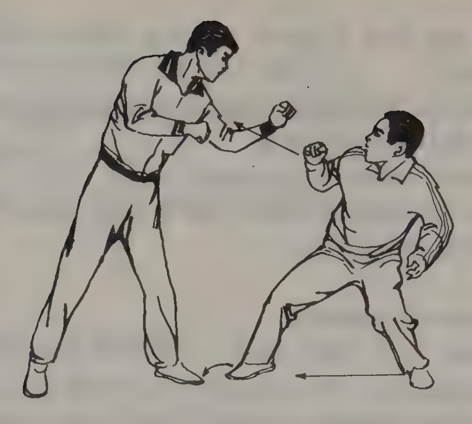
1. Defeat kick with kick — this is the essence of this method.

Defeating the enemy's kick with swift and violent kicks is a principle for actual combat in the *Jingang-Chan* Natural School of the *Shaolin* martial arts. Leg kicking technique is a feature of Chinese *Wushu* which makes it superior to Western boxing and other combat arts. Different combat art schools containing leg-attack methods such as karate and kick boxing current in Japan and Western Europe are all evolved from the leg-attack techniques of Chinese *Wushu.* Destroying kick with kick is the essence of the art of the leg attacks.

2. When the enemy attacks with his high-position leg and you turn the body to counterattack his knee, beware of his abrupt change of movement in making an attack with his knee. Therefore, when counterattacking with the Dragon Sweeps the Ground, one's own middle and upper parts should be tightly protected to avoid being taken advantage of.

3. Accurate and coordinated, swift and natural.

Accuracy of this leg attack is especially important. The aim should be the dislocation of the enemy's kneecap. The coordinated completion of the moves of this method is closely connected with swiftness and naturalness, for only the moves are swift and natural can the kick be explosively powerful. Otherwise the enemy may be hit but not injured.



41

十六、黑熊倒根

此腿法爲專攻敵之脚背骨，下踩性的基本腿擊法。由于其在單練該動作時，形象如同一隻蹣跚前進的黑熊而獲名。“倒根”則是歷來武術拳家對于攻擊脚背的專用術語。所以，該腿法爲普通脚擊法。

圖41：

敵依仗身高力强，步步進逼，我無計可施，被迫步步後退。

圖42：

我以突然躍進之動作，擊踩敵脚背，同時以拳擊敵下頷，務使敵立即翻跌。



42

16. THE BLACK BEAR STAMPS ITS PAW

This is a basic stamping leg-attack method aimed at the enemy's instep. Its name comes from the fact that, when practicing this single leg-attack method, the practitioner is like a toddling bear. *Daogen* is the special term used by traditional *Wushu* masters to denote attacks on the instep. The method is, therefore, commonly used.

Fig. 41

Assuming that enemy approaches menacingly, relying on tall stature and power superiority. I am at the end of my tether and forced to retreat.

Fig. 42

With a sudden and leaping move. I stamp enemy's instep, and simultaneously hit his chin with my fist, making him instantly fall.

動作要領：

1. 躍進要突然，這是成功的關鍵。

2. 以脚後根踩敵脚背。

實戰要點：

1. 伺准空檔　閃身進擊

要踩擊敵脚背，進身時要看准空檔，否則進不去。閃身進擊是爲了避免敵方之突然反擊而偏身攻擊。

2. 擊下佯上，眼光飄忽。

要獲得該動作的成功，要以飄忽的眼光分散其注意力，而不應老實地盯着敵方的脚背。如果這樣老盯着脚背看，該動作就不會成功。總之，要善于蔭蔽自己的企圖。

3. 上擊下踩，重心穩固。

在下踩上擊時，手心應該穩固，要貫徹"一動無有不動"，"一進無有不進"的原則。否則，敵仗力强，將脚回收，也足以使攻擊者自己翻跌。

4. 脚趾心窩，亦可攻擊。

在擊敵時，敵如已開始向後抽脚，此時擊中敵脚趾，效果也是一樣。敵如在中盤有空檔即以肘擊敵胸以配合倒根，效果則更爲顯著。該動作簡單易行，在實戰中，可作爲一套攻擊手段中的先導動作。

Essentials:

1. The leap must be sudden. It is crucial to success.
2. Stamp the enemy's instep with the heel.

Key points in actual combat:

1. Watch for the opening and leap sideways forward for the attack.

To stamp the enemy's instep, one must watch for the opening when leaping forward, otherwise one cannot break in. Turning the body sideways when leaping forward is to avoid a sudden counterattack from the enemy.

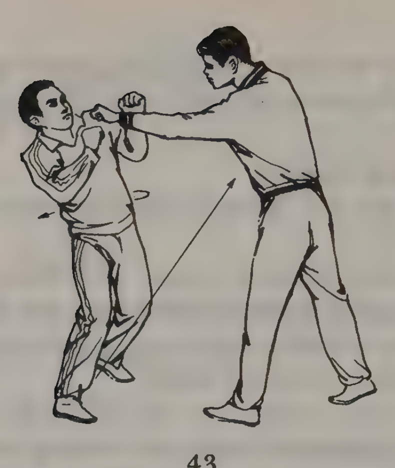
2. Make a feint attack at the enemy's upper part when actually aiming at his lower one with fleeting and uncertain eye expressions so as to distract his attention. Avoid looking at his instep, otherwise the attack would end in failure. In short, be good at concealing your intentions.

3. Keep oneself balanced when effecting the high-position attack and the stamping.

When effecting the high-position attack and stamping, you should keep yourself well balanced by implementing the principle of "accompanying one move with moves of every part" and "accompanying advance of one part with advances of every part." Otherwise, when the enemy, who is stronger, draws back his feet, the attacker himself might fall.

4. Toes and breast can also be the targets of attack.

If, at the time of the attack, the enemy has already started drawing back his feet, the combatant should continue the stamping to tread down on his toes — the effect is the same. If there is an opening about the enemy's middle part, hit his breast with the elbow to accompany the stamping. This coordination is particularly effective. Simple and easy to perform, it can be used in actual combat as a preliminary movement in a set series of movements.



43

十七、將軍片馬

此腿法爲專取敵之耳門要穴的中距離高閃擊腿擊法。其動作之勢尤如將軍上馬的姿態，故而獲名。此腿擊法爲實戰攻擊組合的必不可少的腿擊動作，而且發腿擊打途中可有膝撞擊等其它變化，迅猛異常，往往僅此一腿，即能將敵擊倒。

圖43：

我以拳猛攻敵勢，敵後頓或上臂格檔，或徑用拳還擊于我。

圖44：

緊承上式，我隨即起腿“將軍片馬”式，用左（右）腿彈擊踢敵耳門。



44

17. THE GENERAL MOUNTS THE HORSE

This is a fast high-position leg-attack method, aimed at the enemy's key acupoint of *Ermen* and executed at a medium distance. It is so named because the movement is like a general mounting a horse. It is a necessary part of the composite attacks in actual combat. In addition, because this leg attack can be accompanied by other actions such as knee butting, it is extremely powerful. Often, one single such leg kick can strike the enemy down.

Fig. 43

I fiercely attack enemy with fists. Enemy retreats, or wards off with arms, or counterattacks with fists.

Fig. 44

Immediately following the above, I quickly raise leg and use the General Mounts the Horse method to kick enemy's *Ermen* with left (right) leg.



45

圖45：

敵受擊倒，我繼以右拳攻入摧倒。

動作要領：

1. 以拳攻敵緊接起將軍片馬，要聯貫，腿擊要輕靈而沉勁。
2. 以脚面擊敵。
3. 腰腿盡量放長擊敵。
4. 踢擊勢能是彈擺之勢，由下而上，由外而內的擺踢。

實戰要點：

1. 由外側擊，發腿堅決。

在實戰中，敵方在我的攻擊下，往往有許多應變，或進或退，或轉移，不論其作任何應變，只要敵之耳部暴露空擋，而非誘我之舉，我即可起腿攻擊，發腿要堅決，毫不滯疑，這樣才會有力量，有時機（突然性）。

2. 飄忽沉勁，側擊彈擺。

Fig. 45

Enemy is stricken. I follow up with right fist punch to bring him down.

Essentials:

1. The kick should closely follow the fist attacks and be dexterous and powerful.

2. Kick the enemy with the instep.

3. Kick the enemy with the leg stretched as far as possible.

4. Kicks are of a swinging nature and in an upward-inward direction.

Key points in actual combat:

1. Make a flank attack with determined kicks.

In actual combat, the enemy under attack often reacts with advances, retreats or transfer movements. Whatever measure he takes, as soon as his ear part is left unguarded, and in addition, it is not a ruse, you can kick out the leg. The kick should be resolute and allows of no delay whatsoever. Only in this way can the kick be powerful and timely.

2. Great mobility and explosive suddenness.

The kick should be dexterous and have an explosive suddenness. Success relies on dexterity of the action. In actual combat, the usual case is that one kick home leaves the enemy unconscious. To achieve this, the kick must have great explosive suddenness. Flank attack refers to the direction in which this leg attack is effected. "Swinging" refers to the posture of this leg attack. The demand on skill is high in actual combat. It should be coordinated with waist twisting and body turning sideways. The power of the kick is generated by the momentum of the turning body. When the action is in progress, the attacker's upper part is inclined backward, the kicking leg stretched forward, thus not only acquiring a necessary combat distance, but forestalling the enemy's possible counterattack against the attacker's own middle and upper parts.

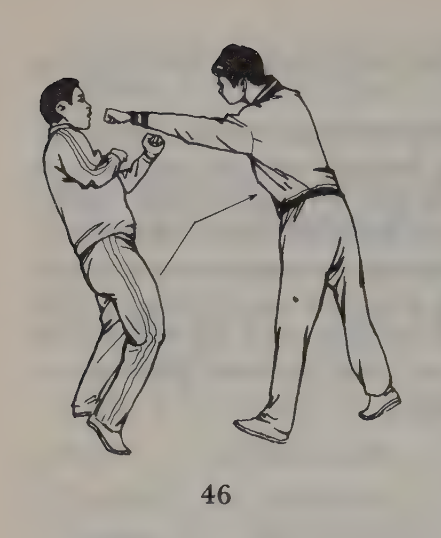
飄忽是要求起腿的輕靈，沉勁是指打擊的爆發勁，只有輕靈，此腿擊中才有把握。在實戰時，一旦擊中，往往可以致敵昏厥。所以，對爆發勁提出了較高的要求。側擊是指該腿擊法進擊的方向，彈擺則是起腿攻擊的具體姿態，側彈擺踢在實戰中要求較高，應以迅速的擰腰，側身轉體相協調配合，由腰的旋轉勢能，擊發此腿。此時上體後傾，腿擊相前，既增加了戰鬥的距離，而且也避過了敵對我之極有可能的中、上盤的反擊。

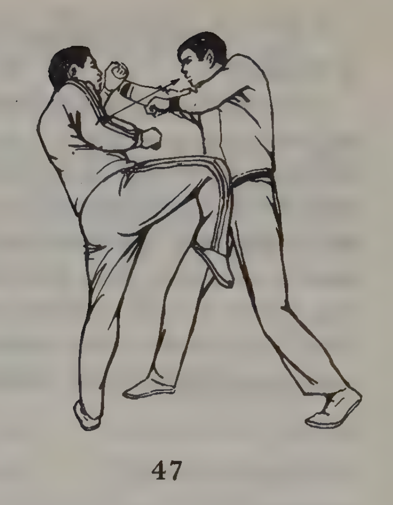
3. 誘我擊耳，即刻應變。

敵如果是故設陷阱，誘我起高腿擊耳，可有兩種擊法：一、以速度勝敵，仍以該腿擊法攻擊，將計就計，但是必須以極迅速的動作完成腿擊。敵受擊仍會倒地，甚至昏厥；二、我起腿敵明我意圖，迅速應變退出，我即以腿收腰側，以膝蓋護定中盤，起身以另變勢攻擊。

3. Change strategem if the enemy makes a feint opening at his ear.

If the enemy's real intention is to trap you into kicking his ear with high-position leg attack, two measures can be taken: a) continue with this leg attack and turn the enemy's trick against himself by overpowering him with speed. Stricken by the attack, the enemy will fall down and even become unconscious. b) if the enemy discovers your intentions when you start kicking out the leg, make a swift retreat and draw back your leg beside your waist and protect the middle part with the knee, preparing to attack again with other methods.


46


47

十八、犀牛攻角

此腿法是專取敵腹、胃部的膝部攻擊法。“膝攻擊”為金剛禪自然門近戰技擊術中的重要戰術手段，也是極其凶狠、有效的腿擊動作之一。此動作以狀如犀牛仗角進擊而得名。

圖46：

敵猛攻我，我略作頓挫（退却）以避敵勢。

圖47：

緊承上式，隨即起身前頂，伺准敵方中路空擋，以右（左）膝攻入敵之胃腹部，并以肘擊摧敵倒。

動作要領：

1. 此腿擊法以膝尖取敵之胸、胃、腹上、中、下三部。
2. 進攻速度要快而猛烈。
3. 伺准空擋，在意識上要罩住敵方。

18. THE RHINOCEROS GORES

This is a knee-attack method aimed at the enemy's abdomen and stomach. The "knee-attack method" is an important tactical means in the close combat techniques of the *Jingang-Chan* Natural School, and it is one of the extremely powerful and effective leg-attack methods, which gets its name from its resemblance to a rhinoceros goring with its horn.

Fig. 46

Enemy engages me fiercely. I retreat a little to evade his attack.

Fig. 47

Immediately following the above, I straighten up and move forward, aiming accurately .at opening at enemy's front. I butt right (left) knee at enemy's stomach and abdomen, and strike him down with my elbow at the same time.

Essentials:

1. Butt the tip of the knee at the enemy's breast, stomach and abdomen.
2. The assault should be swift and powerful.
3. Watch for and aim accurately at the enemy's unguarded parts and overpower him spiritually.

Key points in actual combat:

1. To make the most of combating in close quarters, a perfect mastery of combat skill is required.

This knee butting method is applied in close combat, where the combatants come very close to each other, with their bodies and hands touching. To have millitancy and win under such circumstances, the first requirement is a mastery of close combat skills. Foolhardy bravery and reckless fight without a perfect mastery of skills will make one a living target for the enemy, and inevitably, a loser. The "knee butting" attack is the most commonly used and most effective method in close combat

實戰要點：

1. 以短取長，技法過硬。

以短取長，即是“近戰”，顧名思義，是與對方身手相貼，在雙方肢體極爲相鄰的搏擊狀態下進行的戰鬥。所以，要獲得近戰的戰鬥狀態，并在近戰中獲勝，首先必須具備近戰的技術。否則，單純的勇猛，硬拼，沒有完全掌握技術，最後結果，却成了對方的活動拳靶，而招致失敗。“膝攻擊”就是近戰中最爲常用，最能奏效的以短勝長的技擊術。

2. 靈活利索，攻守八面。

要掌握好膝攻，首先必須練好膝的靈活、利索，在實戰中具有足夠的機動性。膝攻擊之有效攻擊距離雖短，在身法的帶動下，却有攻守八面之利，在前後、上下、左右、斜隅等八面有壓、頂、撞、竄、拐、別、撤、放八個變化。

3. 磨硬膝尖，膝之存餘。

膝蓋必須有足夠的攻擊硬度，不能成爲“未攻人，已先疼”。膝頭不硬，正是沒有功夫的表現。膝蓋的攻擊應有同拳、脚相仿的鋒銳。

4. 勇猛突擊，大胆果斷。

在具備了膝擊的技術、攻守八面的鋒利、靈活機動的戰略，堅硬的膝尖等條件下，同時，還必須具備勇猛突擊，敢于迎戰，逼擊對方，展開膝攻肘擊的近戰術意識。發動近戰時要：

1. 敢于“見空”就進的接近敵方。

2. 敢于緊緊以膝、肘相逼。

3. 敢于果斷地使用動作。

4. 敢于連續發招。

5. 敢于招招發勁。

capitalizing on close quarters.

2. Dexterous and nimble, the knee attacks aim at eight directions and have eight variations of movement.

To have a mastery of the knee butting method, one must have a dexterous and nimble kneework to ensure ample mobility. Short though is the knee butting attack's effective combat distance, it has, assisted by bodywork, the advantage of attacking and defending in eight directions: front and back, up and under, left and right, and oblique and corner. The kneework can have the following eight changes of movement in combat: press, butt, bump, shoot, hook, parry, stretch and withdraw.

3. Train to harden the kneecap to the extent that it contains a cutting edge.

The knee must have enough hardness for attack. "The knee hurts before butting at the opponent." — this is the very demonstration of the lack of skill. The knee attack must have the same edge as fist and foot attacks.

4. Be bold, powerful and resolute.

In addition to the acquirement of the knee attack skills, the skill of attacking and defending in eight directions, a flexible strategy and a hard knee, one must have a close combat sense of daring to approach the enemy and overpower him with knee butts and elbow strikes. The five "dares" are:

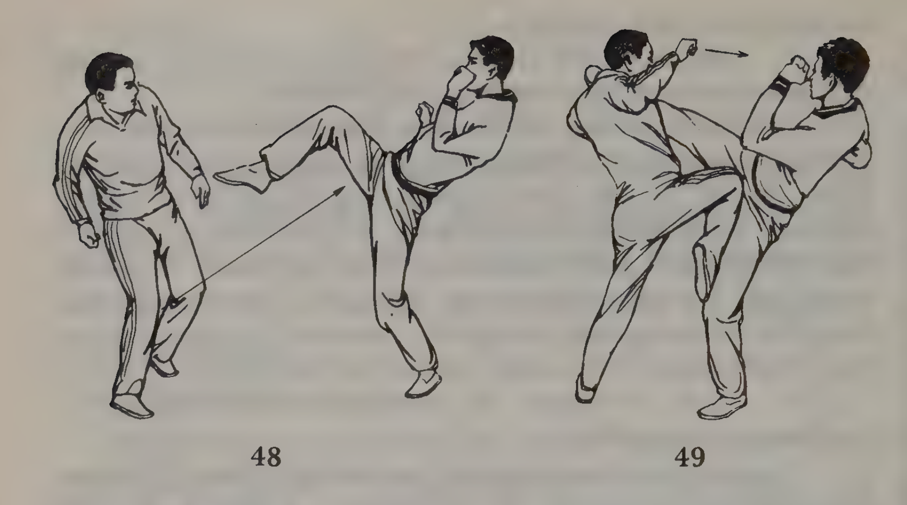
a) Dare to close in on the enemy as soon as there is a loophole.

b) Dare to close in on him with threatening knee and elbow actions.

c) Dare to use attack methods resolutely.

d) Dare to attack continuously.

e) Dare to make every attack powerful.



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十九、犀牛別角

此腿法為專事防禦毒蛇吐信、黃蟒擺尾等攻勢凌厲的腿擊，專以腿御腿的防守腿法。同時，又可以在防御之後，迅速帶動其它腿擊法立即轉入反攻的實戰時的基本腿擊方法。此腿法看似簡易，但使用起來，却有很大的便利。既能一般使用，又能應急求變，為其他攻防動作做過渡。因此，在單練動作以外，要求實戰時多加練習，以使獲得實戰經驗。

圖48：

敵以“毒蛇吐信”攻我，圖中為起腿攻擊，但腿尚未完全擊出的一瞬間。

圖49：

“犀牛別角”或已“別”住敵腿，阻擋成功。該式以下有許多攻擊性的變化。請詳見“組合腿法”介紹。

19. THE RHINOCEROS BUTTS

This is a defensive leg action against the enemy's fierce leg attacks of the Viper Shoots Out Its Tongue and the Yellow Python Swings Its Tail. In addition, after its role of defense is over, it can swiftly bring out other leg-attack methods for counterattacks, hence it is a basic leg-attack method in actual combat. Simple though it seems, it can be used to great convenience either as a general method or as an emergency measure to serve as a transition for other attack or defense actions. Practice of this method in training and actual combat, therefore, is necessary.

Fig. 48

Enemy attacks with the Viper Shoots Out Its Tongue. Figure shows the split-second when his leg has kicked out but not completely.

Fig. 49

The "Rhinoceros" has already successfully butted enemy's leg. This leg attack is followed by many offensive variations, for which please read the part under "Composite Leg-attack Methods."

Essentials:

1. Starting easily, this leg attack must be neat and dexterous.
2. The butting action of the knee is somewhat of a withdrawing nature.
3. When performing this action, keep oneself balanced to effect a smooth transition to either attack or defense.

Key points in actual combat:

1. Variations are necessary in raising the knee to butt against the enemy's leg.

In actual combat, the butting action is not the ultimate aim, which is to knock him down. When the enemy attacks fiercely,

動作要領：

1. 此腿法起式便利，務須使動作乾淨、利索。

2. 勁法用膝之“別”勁，略帶收意。

3. 動作時，務使重心穩固，以利攻守變化。

實戰要點：

1. 挫膝別腿，尤需變招。

提膝防御敵之凌厲腿擊，這在實戰時并不是目的，目的是最終將敵擊倒。但是，在敵方的猛攻前面實行戰術防禦，然後，立即進行反擊。必須有一個良好的“過渡”，這類過渡的最佳形式之一，便是“犀牛別角”。“別角”腿法之後的反擊關鍵在于當攻擊我之敵腿尚未抽回時，立即變招，發起反擊。此時，因敵之各部空擋均暴露，極宜爲我所乘，故而要求使用該腿法者，須具有一定的實戰經驗，不致臨變無招，坐失良機，以便及時地轉入反擊。

2. 別勁帶冲，意在截取。

用此別腿，不僅保護住自己中、下盤空擋，在使用阻擋的別勁時，還應帶冲勁，截擊敵腿，以限制判敵腿的變化，而增加自己的機動性。

3. 身法配合，趁勢攻入

當別住敵腿後，是趁勢迫擊，實行近戰的好時機。這即是說，該腿法的使用，越接近敵方，越有利，越能攻入敵要害，而且，敵之攻勢均瓦解于身後，我之膝攻却已躍于敵前。此別進之膝，擋住敵攻我之脚腕、脚背稱爲成功，如能大胆別進，頂擊敵大腿，則爲更佳。

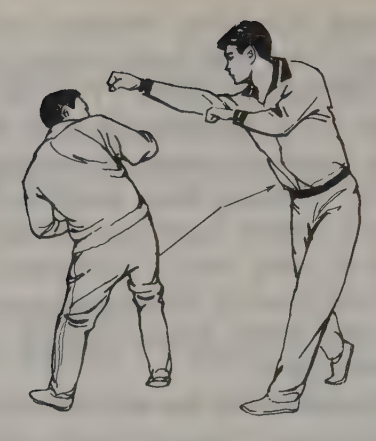
there must be a good "transition" between tactical defense and counterattack. One of the best forms of such transitions is the method of the Rhinoceros Butts. The key to success in counterattack after the obstructing action lies in the immediate changing of moves before the enemy's attacking leg withdraws, for at this moment, he leaves many loopholes for you to take advantage of. Actual combat experience is, therefore, needed in using this method to avoid having no changes of moves when situation demands and to avoid letting good opportunities slip.

2. The butting action should contain a charging force intended for counterattacks.

The obstructing action is intended not only for protecting one's own middle and lower parts, but, with a charging force, for intercepting the enemy's legs to forestall his changes of leg action, thereby adding to one's own mobility.

3. Coordinating butting with bodywork and taking advantage of combating in close quarters.

The successful obstruction of the enemy's leg is immediately followed by a good opportunity for taking advantage of the situation to close in on him. In other words, for this method, the closer one comes to the enemy, the more advantageous the situation becomes for one, as the enemy's fatal points can be more surely stricken. In this case, one's knee attack comes in front of the enemy at the same time when his attacking force dissolves behind him. Interception of the enemy's ankle and instep signals success and it is still better if one can boldly closes in to butt against his thigh.



50

二十、餓虎掏心

此腿法為近戰膝攻擊，專取敵心窩之橫撞腿擊法，其勢猛烈，如虎食心，故而獲名。此腿擊膝攻法，以短制長。在敵方的猛烈進攻下，以猛對猛，伺准空擋沖入，敵之長拳遠擊威力頓時減弱，這種戰術上取勢的攻擊法，頗似圍棋的近逼後殺，有極大的實用意義。

圖50：

敵拳腿猛攻我，我未知敵虛實，略作後頓。見空擋後，隨即起身。

圖51：

緊承上式，視定敵中路空擋，以右（左）膝蓋橫撞攻入，並以猛烈的前進沖力，以拳攻擊敵上盤。



51

20. THE HUNGRY TIGER GRABS THE HEART

This is a transverse-pounding leg-attack method executed at close quarters. It is aimed at the enemy's stomach pit, fierce like a hungry tiger grabbing at its prey's heart, hence the name. The action is characterised by "defeating long with short", that is to say, counter the enemy's arm-stretched fist attacks with fierce attacks by charging directly at his openings. This swiftly weakens his attacking force. Very much like close combat in *go* chess, this tactic of boldly using a situation to one's advantage has great practical meaning.

Fig. 50

Enemy attacks with both fists and legs. Uncertain about his real intentions, I retreat a little. Seeing his unguarded parts, I start to advance.

Fig. 51

Immediately following the above, I aim at enemy's frontal opening and butt right (left) knee at him in a transverse way, and simultaneously strike his upper part with fists with a violent impulsive force produced by the charging body.

動作要領：

1. 往後頓挫避敵勢，看空擋要快、准，關鍵在“准”。

2. 進擊動作，手膝配合協調。

3. 此攻膝法係由合到開，膝橫撞時，應開胯撞擊，以盡可能獲得較長的攻擊距離。

實戰要點：

1. 退進同時，貴在協調。

在實戰時，敵猛烈攻來，在此形勢下，我亦起一個猛烈向前的進擊動作，要在這種敵進我進的狀態中獲得有效攻擊，就必須利用一個“時間差”的間距。這個“間距”是在瞬時中即消失的，搏擊的雙方，誰的“間距”利用得好，誰就獲勝。利用這個間距中的攻守動作，需要協調。在這個腿擊動作前的“一頓”和隨即起膝橫撞就是指這種動作的高度協調。

2. 距離估計，尤需准確。

用拳面脚掌攻擊，可作較遠距離的籌算，以膝蓋攻擊，有效的攻擊距離就短。因此，在實戰中近迫膝攻，尤其需要有正確的距離估計。可以認爲，一個成功的搏擊家，其要訣就是正確的距離判斷。實戰中無論是拳打、脚踢、膝撞、頭擊、肘頂、身靠、臀撞，全身各部位的各種攻擊，都需要有正確的距離估計。否則，極小的估計錯誤，都會帶來不可設想的嚴重後果而遭致失敗。而肘頂、膝撞等近迫作戰，尤其强調估計距離必須正確。

3. 開跨撞擊，倍增猝力。

在以膝頂戰的近距離搏擊中，開跨放擊是爲了更好地在瞬間釋放出加大的爆發力和速度來。這一加大了的攻擊能量，在實戰中甚具威脅。（在敵我雙方均在估計對方距離時，這一能量往往被忽視而不去使用。）

Essentials:

1. The successive moves of retreating, advancing and taking advantage of the enemy's openings to strike should be quick and accurate. The key is accuracy.

2. Good coordination between hand and knee.

3. The knee moves from a shut to open position: When the knee butts transversely, the legs should be extended apart to have the longest possible combat distance.

Key points in actual combat:

1. Good coordination in the quick sequence of retreating and advancing.

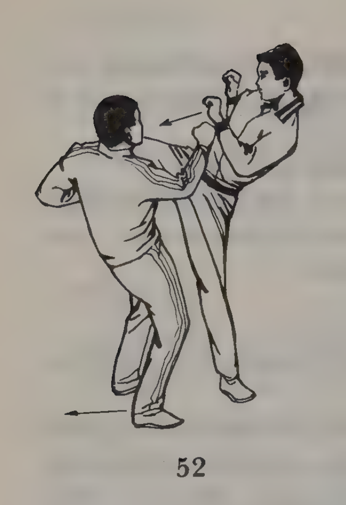
To gain an upper-hand in the situation where both sides advance fiercely to engage in close combat, one must make use of the "time gap," which vanishes instantly. Whoever takes advantage of this "time gap" wins, and this requires coordination between the "slight retreat" and the transverse knee strike.

2. Accuracy in distance estimation is of particular importance.

Attacks with the front side of the fist and the sole of the foot can proceed from a long distance, whereas those with the knee cover a very short distance. In actual combat, therefore, an accurate estimation of distance is particularly important when using the knee attack method. It can be said that the knack of a successful combatant is the accurate estimation of distance – a basic skill required in fist pounding, kicking, knee butting, head butting, elbow butting, body closing in, hip bumping and attacks by other parts of the body. A very slight mistake in distance estimation will bring about unthinkable results. This is particularly the case with close-quarter attacks such as elbow and knee butting.

3. Stretch the thighs apart to enhance the butting force.

The stretching apart of the thighs in close-quarter knee attack is for producing an explosive force and speed in a very short time. The force magnified this way is a great threat in actual combat. (When both sides are assessing the distance to be used to advantage, the use of this force is often neglected.)


52


53

二十一、扑鵰夾翅

此腿擊爲專取敵面的膝攻法。以兩手如鵰夾翅攻擊敵面而得名。在實戰中，雙方如均擅長近戰，常能出現身體相貼甚近的搏擊狀態，此時，即有機會使用該腿擊法。

圖52：

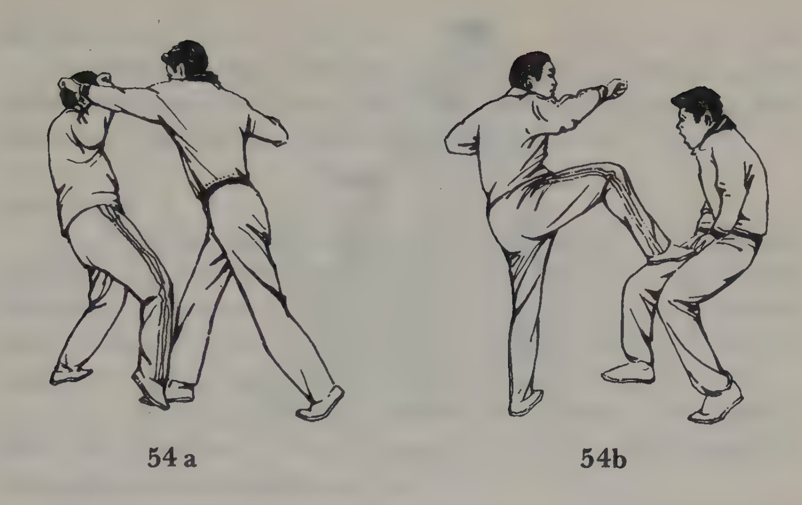
敵避過我長而遠的拳之攻擊，迅速追近，以手肘及膝攻我。

圖53：

緊承上式，我以身法略閃，避過敵之膝攻。

圖54 a. b. ：

緊承上式，在敵新的攻勢尚未實行、舊之攻勢尚未結束之前，瞅准敵頭部空擋，以自己的一臂或雙臂插入敵上臂之間，環抱敵頸，用冷脆之爆發力，下壓敵後腦及頸部，我右（左）膝隨之上頂、撞擊敵面頰。



54 a 54b

21. THE SWOOPING VULTURE PRESSES ITS WINGS

This is a knee-attack method aimed at the enemy's face. Its name comes from the fact that, while the knee attack is underway, the two hands, like a vulture's closing wings, hit at the enemy's face. If both sides are good at close combat, it is often the case that the two are very close to each other. This is the opportunity to use this method.

Fig. 52

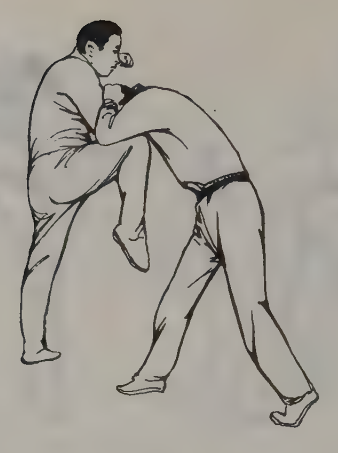
Having evaded my long and distant fist attacks, enemy swiftly closes in to attack with elbow and knee.

Fig. 53

Immediately following the above, I slightly dodge body to evade enemy's knee attack.

Fig. 54a,b

Immediately following the above, during the split-second interval between the start of enemy's new offensive and the end of old one, I aim accurately at the opening at his head, insert one or both arms between his arms to encircle his neck, and with explosive force, clamp down on his neck and back of his head. At the same time, butt my right (left) knee upward at his face.



55

圖55：

急承上式，將上頂之膝彈出，同時以右脚尖勾入敵襠施以猛擊敵受擊後必立即昏厥。

動作要領：

1. 避開敵膝之攻擊，并不以步法後退，而是以身法閃避，同時以協調的動作反擊之以膝攻，因此特別强調膝頂和手壓的協調性。

2. 頂膝擊面和勾脚擊襠應幾乎同時進行。

3. 近戰要堅決，不可胆怯。否則，動作就會失去協調性和攻擊性，也就立刻會失去攻擊的機會。

實戰要點：

1. 敵迫過甚，敢於近戰

對敵的主動近迫，切不可害怕，敵閃過我之拳腿攻擊，迫近我身，肘膝相逼時，切不可被其勢洶洶所嚇倒。要在這種複雜的戰鬥局面中，清醒地認識到，敵方猛烈地對我冲刺，其勢并不可怕，應處處留意的，是他可能攻來的拳、脚、肘、膝。因此，可先用防禦

Fig. 55

Immediately following the above, I make a violent hooking strike at enemy's crotch at the same time when my butting knee shoots up. Thus stricken, enemy swoons instantly.

Essentials:

1. The evasion of the enemy's knee attack is effected not through stepping backward, but through bodywork. The evasion is closely followed by coordinated counterattacks containing knee moves. Particular emphasis, therefore, should be laid on coordination between knee butting and hand clamping down.

2. The two actions of butting the knee at the enemy's face and making a hooking attack at his crotch should be executed almost simultaneously.

3. Be resolute instead of being timid in close combat, otherwise coordination and drive cannot be achieved, resulting in the loss of opportunities for attack.

Key points in actual combat:

1. Dare to engage the enemy in close combat when he closes in menacingly.

When the enemy closes in on and threatens you with elbows and knees, you should by no means be frightened by his bluster. Instead, you should realize that the enemy's assault can be coped with and therefore is not something to be afraid of. Be mindful of the enemy's possible fist, leg, elbow and knee attacks. The sequence of actions can be as follows: While engaging the enemy with hand attacks of a defensive nature, retreat a few steps. The enemy is certain to close further in. There is now ample time for you to aim accurately at the enemy's opening and dash forward to defend and attack with knee butting.

2. Thwarting knee attacks with knee actions is the correct way of defense.

With his attacking knees further closing in, the enemy swiftly brings about a close combat situation, trying to win. Advancing, you raise the knee to dissolve the enemy's knee

性的連擊（前手迎擊），突施打擊的同時，以步法後撤，敵必然繼續逼進。此時，已有充分時間，看准敵之空擋，立即再前進迎敵，以膝禦敵，施以膝攻擊。

2. 以膝禦膝，防守正宗。

敵以繼續逼進之膝攻擊，迅速造成近戰局勢，以就取勝，我即復進提膝防禦，連消帶擊，在化解敵膝攻擊的同時，以膝攻敵。同時，以兩臂穿入敵中盤，以肘化敵肘之攻擊,隨即趁勢圈住敵之頸、頭，以冷脆勁下壓。以臂、膝之合力猛擊敵頰，以膝、肘破膝、肘是近戰法則之一，尤需熟知，并刻意練習之。

3. 近戰接敵，空擋瞅准。

以膝、肘之近戰，尤其應瞅准敵之空擋，否則，一切近戰動作都將失敗。而近戰失利將會比中距離、遠距離的搏擊中失利，更具有危險性。

4. 連續腿擊，功效卓著。

此動作首擊面，次擊襠。其實可視為一個連續的組合腿擊。組合腿擊的功效，遠遠大于單個腿擊。這類腿擊法將在本章的第三小節詳述。

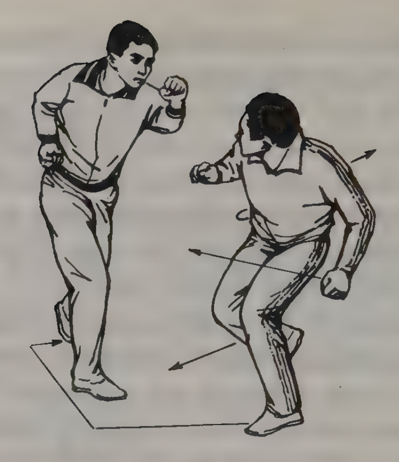
attacks and strike at him at the same time. Simultaneously, insert your own arms around the enemy's middle part, dissolving his elbow attacks with your own elbows; and then, use both hands to encircle his neck and head, and with an explosive force, clamp down on them. The actions result in a strong combined arm-knee force hitting the enemy's face. Thwarting knee and elbow attacks with knee and elbows is one of the rules of close combat and should be perfected through constant practice.

3. Be accurate in aiming at the enemy's loopholes.

In close combat using knee and elbows, accuracy in aiming at the enemy's weak points is of particular importance, for otherwise, all close combat moves would be failing, and, failure in close combat is more dangerous than that in medium and long distance combat.

4. Successive leg attacks have remarkable effects.

Attacking the enemy's face first and his crotch second, this method can be regarded as a composite leg-attack method, which has a far better effect than the single leg-attack ones. The composite leg-attack methods are dealt with in Part III of this section.



56

二十二、托肚掃襠

此腿法爲勾踢性之普通腿擊法。以二手擊腹，同時以脚勾擊承山穴而得名。此名之“襠”是下盤的意思。其餘參看六、“倒勾崑崙”。兩動作極相似，但有三點不同：

1. 托肚掃襠爲低姿迎敵，倒勾崑崙則是高姿迎敵。

2. 托肚掃襠爲攻腹以“擊”，倒勾崑崙則是抹、捋牽引。

3. 托肚掃襠致敵後跌，倒勾崑崙致敵側傾。

圖56：

敵攻我上路，我即隨即起腿勾擊敵承山穴，并同時用掌切擊敵“中極”、“神闕”一線。

圖57：

敵受擊後，向後坐跌。



57

22. STRIKING THE BELLY AND HOOKING THE CROTCH

This is a common hooking leg-attack method. Its name comes from the fact that the attack is composed of hand strikes at the enemy's belly and hooking foot kicks at his acupoint of *Chengshan*. "Crotch" refers to the enemy's lower part. For other details, see the sixth method Hooking the Kunlun Acupoint.

The two methods are very much similar except for the following three points:

a) The method being discussed is a low-position one, whereas the sixth a high-position one.

b) This method attacks the enemy's belly with "strikes," whereas the other does so with wiping and rubbing actions.

c) This method makes the enemy fall on his back, whereas the other makes him fall sideways.

Fig. 56

Enemy attacks my upper part. I raise leg to hook his *Chengshan* acupoint and at the same time use palm to cut at the line joining the acupoints of *Zhonji* and *Shenque.*

Fig. 57

Enemy sits back when stricken.

動作要領：

1. 擊腹和勾脚動作方向相反，但要同時進行。

2. 掃擊應向前，向下方向進行，勾脚只宜平勾。

3. 動作須協調、堅決。

實戰要點：

1. 伺准空擋，突然掃襠。

這要求在實戰中，發現適于該腿擊法“成立”時，才立即動作。如無機會，則不應貿然使用該動作。但是，每當敵方一經暴露出適宜使用該腿擊的空擋時，立即動作，不可遲緩。

2. 避開敵攻，貼身近戰。

此腿法也是近戰腿擊動作之一，因此，務須避開敵拳之進攻。

3. 拳脚聯攻，迴避擊之。

敵如果以拳脚連續動作攻我，我即以套步迴轉敵側，再立即以該動作擊敵支撐之腿。奏效也速。

Essentials:

1. Going in opposite directions, the two actions of striking the belly and hooking the crotch should be simultaneous.

2. The cutting strike should go in a forward-downward direction, whereas the hooking leg attack should be level.

3. The actions should be coordinated and resolute.

Key points in actual combat:

1. Aiming accurately at the enemy's opening and sweeping his crotch suddenly.

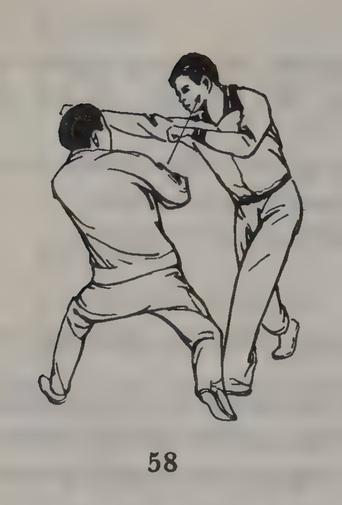
It is required in actual combat that, unless there is a suitable situation for using this attack, one should not use this method. As soon as the enemy exposes loopholes for this attack, however, one should act instantly.

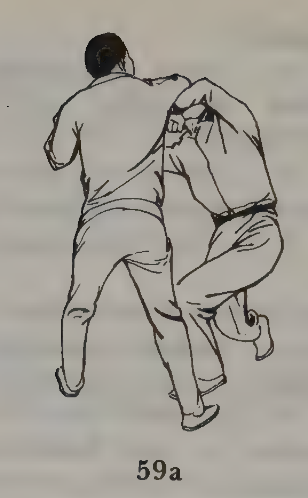
2. Evade the enemy's attacks to engage in close combat.

This method falls into the category of close-combat leg-attacks. Evasion of the enemy's fist attacks is, therefore, necessary.

3. Attack with fists and leg simultaneously, and in a roundabout way when situation calls for.

If the enemy attacks with successive fist and leg strikes, move to his side with set steps to swiftly kick his supporting leg with this method. This also takes effect quickly.


58


59a

二十三、反取元陽

此腿法專取敵之下頷，爲轉移性大車輪式後擺腿擊法。因其倒打頭部而獲此名，在實戰中突然使用，極爲奏效，動作技巧性較高爲絕招性腿擊法之一。

圖58：

敵以拳猛然逼攻我。

圖59 a. b. ：

我即轉體向左側，并借向左（右）轉之勢，向左（右）截拳，并以右（左）肘擊敵。

圖60：

緊承上式，敵身右（左）閃，避我肘擊，我隨勢將軀以身法向左（右）下壓去，以腰爲軸，隨即提右（左）腿，大腿帶動小腿，脚面向天翻轉，身體此時向下。



59b



60

23. TAKING THE HEAD WITH A BACK-SWINGING LEG

This is a transferring wheel-like backward-swinging leg-attack method aimed at the enemy's chin. It strikes the head from behind oneself, hence the name. Used unexpectedly in actual combat, it is extremely effective. As one of the unique leg-attack methods, it requires superior skill.

Fig. 58

Enemy closes in with violent fist attacks.

Fig. 59 a,b

I turn body leftwise and make use of the left (right) turning force to stop enemy's fist attacks on the left (right). And strike him with right (left) elbow simultaneously.

Fig. 60

Immediately following the above, enemy dodges swiftly to right (left) side to evade my elbow strikes. I take advantage of the situation to lower torso to left (right) side with waist as an axis, raise right (left) thigh and bring up shank with instep turned skyward. Body is inclined downward.



61

圖61：

上動不停，敵避過我肘擊，正欲重行上扑前進時，我腿已經從中心翻出，擊向敵下頦。

動作要領：

1. 截拳、壓肘，翻轉身軀應同時完成。翻轉身軀到發出腿擊，允許有一個極短促的節奏，以增大爆發勁。

2. 截拳、壓肘必須有勁。

3. 翻轉身軀要圓，重心要穩，腿擊速度要快。

4. 脚蹬敵面頰時，眼睛始終要盯住目標，不能不看目標。

實戰要點：

1. 身腰爲軸，車輪擊法。

該動作爲臂、肘、腿膝、脚掌四部聯接動作，在實戰時突然性很强，尤如一架車輪在向敵平轉。截臂、壓肘，提膝均爲擊打性動作，主要爲最後的一招脚踢舖平道路。因此，前三着應招招發勁，

Fig..61

With above movement still in motion, enemy has evaded my elbow strikes and is about to charge forward again when my leg has already kicked out from the middle to hit his chin.

Essentials:

1. Stopping the enemy's fist attacks, pressing down one's own elbow and turning one's torso should be completed simultaneously. A very brief interval is allowed between the torso turning and the leg kicking to strengthen the explosive force.

2. Stopping the enemy's fist attacks and pressing down one's own elbow should be forceful.

3. The torso turning should be round, one's centre of gravity stable and the kicking speed great.

4. Eyes should be fixed on the target when one is kicking the enemy's face.

Key points in actual combat:

1. In the wheel-like attack, the waist serves as an axis.

The attack is composed of joint and successive arm, elbow, leg and foot movements. In actual combat, it has a high degree of suddenness, like a wheel turning horizontally toward the enemy. Stopping the enemy's arm, pressing down one's own elbow and raising one's knee are all attacking moves meant to pave the way for the last kick. Therefore, the first three moves should all carry force to compel the enemy to dodge, or suffer the pains of arms being violently hit.

2. Use both unconventional and conventional movements, which complement each other, and act according to circumstances.

This is an unconventional attack directed at an unguarded enemy. If the kick misses its target, one should either engage in further attacks or dodge swiftly to prepare for defense.

3. The movements should be clear-cut and the kick dexterous.

This difficult attack requires dexterity and swiftness to

令敵迴避，或至少受砍臂、截掌的痛苦。

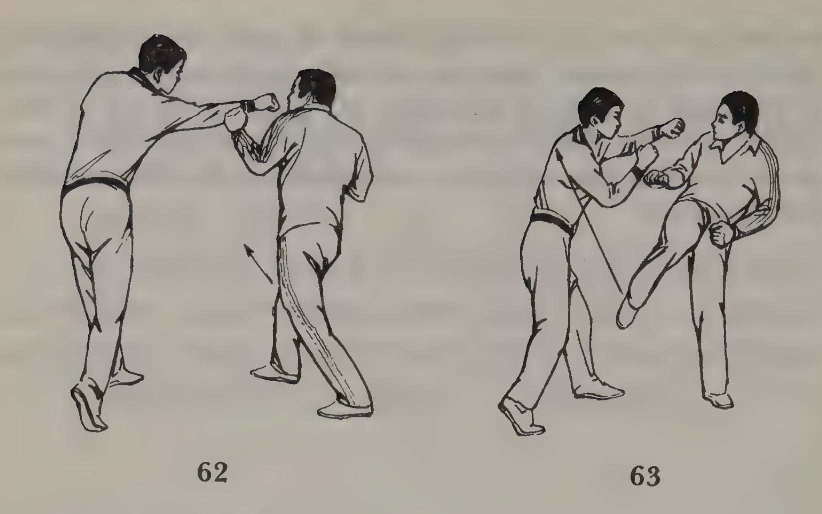
2. 奇正相生，隨機應變。

該動作為奇形，擊敵之不設防，如一脚踢空，應立即有連續打擊或迅速遁離、防禦的準備。

3. 動作清脆，脚法利索

此動作難度較大，但要求清脆、簡捷，以求速效，脚法要求利索，踢出時，重心決不能因此受影响。故此，後遁一大步或翻身大輪劈，這都是該動作之後的良好變化。為了使這車輪式的後蹬擊成功，在平時必須有刻苦、良好的訓練，才不致臨戰失利。

achieve quick result. The kick should be swift and should not affect one's balance. Therefore, retreating a big step or effecting a wheel-like turning of the body are good follow-ups of this attack. In order for this wheel-like leg thrust to succeed, one should practice painstakingly at ordinary times to avoid defeat in actual combat.



62　　　　63

二十四、脫靴蓋面

此腿法專取敵面頰的擺擊性腿擊法。攻擊時以脚底攻擊面部故而得名。此腿擊法動作難度較大，但在實用時却很有效。

圖62：

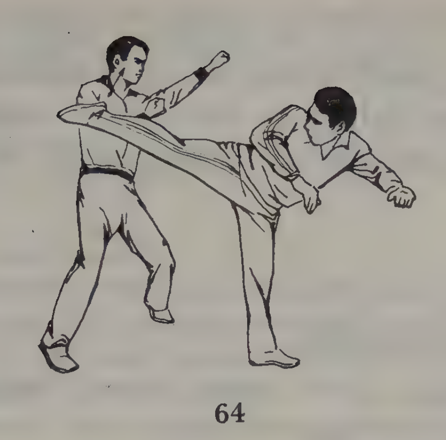
設敵以右（左）腿右（左）拳齊出，同時以連擊拳對我發動猛攻。我身略後閃。

圖63：

緊承上式，我隨即向右（左）移步，右（左）腿從身側提起，向前斜上，以脚底，擊敵面頰。

圖64：

此時被擊中前的一瞬間。



64

24. HITTING THE CHEEK WITH BOOTS OFF

This is a swinging leg-attack method aimed at the enemy's cheek. Its name comes from the attack being made by the sole of the foot. The legwork involved is difficult, but quite effective.

Fig. 62

Leading his movements with both right (left) hand and right (left) leg, enemy attacks with a chain of fist blows. I dodge backward a little.

Fig. 63

Immediately following the above, step to right (left), draw up right (left) leg by the side of body and reach out in oblique-upward direction to attack enemy's cheek with sole.

Fig. 64

The instant before enemy is hit.

動作要領：

1. 向右（左）移步時，有一個輻度極小的轉體，在起右脚攻擊時，應將這極小的轉體勢能加以利用，來加快脫靴蓋面的攻擊速度。

2. 後閃和移步應同時進行，形成一個“V”形迴環路線。

3. 整個動作移動、進行時，上身軀保持正直，垂心不偏離後脚面。

實戰要點：

1. 閃避攻擊，瞅準空擋。

該動作的閃避，走“V”形路線，要求在一瞬間完成。發起腿擊，則是在走完“V”形的“V”點上。

2. 拳脚配合，擊發要狠。

在做步法移動和身法閃避時，兩臂做好消截對方襲來之拳的準備，務使三盤護定，在較安全的情況下實施攻擊。

3. 攻我陰門，以腿破腿。

敵如在實戰中以毒蛇吐信，黃蟒擺尾等腿擊法攻我，我仍然可以使用該路線和相同腿擊法破之。但要反應極爲敏捷，不能被敵先行擊中，否則，太遲緩就會被敵所乘。

Essentials:

1. The step to the right (left) is made with a slight turn of the body, which adds to the speed of the attack.

2. Dodge and move the step simultaneously, traversing a V-shaped circuit.

3. Body remains erect in the movement, with the center of gravity on the left foot.

Key points in actual combat:

1. Dodge the enemy's attack and find his loophole.

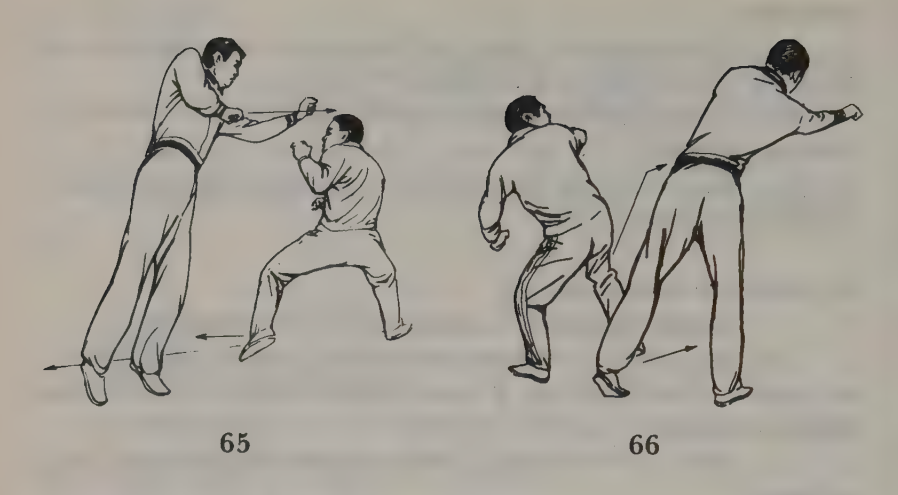
Dodging and the V-shaped movement must be completed in an instant. The leg attack is made at the marked point of the V-shaped circuit.

2. Make a fierce attack with coordinated actions of hand and foot.

During the step movement and the body dodging, get your arms prepared to block the enemy's blows and make sure that the three parts of your body are safely protected before you start the leg attack.

3. Make the same attack if the enemy aims at the pudenda.

If, in actual combat, the enemy uses such leg-attack methods as the Viper Shoots Out Its Tongue and the Yellow Python Swings Its Tail, the same V-shaped movement of the present leg-attack method may be executed to counter attack. Only the response should be extremely quick because any delay in the counter attack would result in being hit first by the enemy.



65　　66

二十五、倒踢金冠

此腿法專取敵後腦之腦戶穴，動作轉移幅度大，難度較高，爲絕招性腿擊法之一。

圖65：

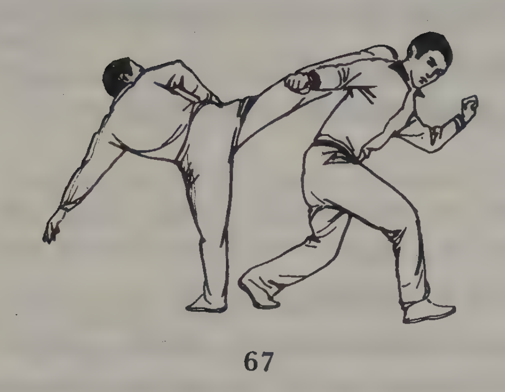
敵對我猛施拳脚，我隨接隨走騰挪轉體，引化敵勢。敵攻勢未停。

圖66：

在完成引空接敵時，急起騰挪步，向敵右（左）面繞走至敵身後。

圖67：

此時敵急待轉體攻我，但我已起倒踢金冠，起右（左）脚，以脚底前掌擊敵腦戶。



67

25. KICKING BACK AT THE ENEMY'S HEAD

Aiming at the *Naohu* acupoint at the back of the enemy's head, this is one of the unique leg-attack methods which involves a major transfer movement and a high degree of difficulty.

Fig. 65

Move, turn and ward off enemy's fierce blows so as to induce him forward and reduce his momentum.

Fig. 66

As soon as inducement is completed, bypass enemy from his right (left) to his back in a quick shuffle.

Fig. 67

Just as enemy hurries to turn around, pull up right (left) foot and kick his *Naohu* with sole.

動作要領：

1. 引空和騰挪步要協調一致，并應以較敵更快之速度完成騰挪。

2. 騰挪應取最近的路線，否則，騰挪完成，即來不及起腿擊。

3. 眼睛應始終盯着敵方動靜。

4. 騰挪和起腿擊應幾乎在同一時間內完成。

實戰要點：

1. 步法轉移，貴在神速。

在做騰挪步時，一定要體現一個“快”字，只有快，才能完成該動作，當敵攻時，應使敵方有這樣一個感覺，只覺“人一閃，不見了！”一動作即在敵身後出現。要造成這樣的戰略姿勢，必定得依靠平時對騰挪步的苦練。

2. 敵如轉體，狠擊不誤。

敵方如跟着轉體，只要頭部未封死，仍有空擋，可以照擊不誤。一般敵跟着轉體後，尚未有此思想準備。

3. 空擋彌補，改擊中盤。

敵如轉體快，又將上盤封死，可立即以同樣腿法，攻敵下陰，仍獲速效。

Essentials:

1. The inducement and quick shuffle should be in keeping with each other and the transfer made in a faster speed than the enemy.

2. The quick shuffle should traverse the shortest possible route, or else you would lose the opportunity to make the attack.

3. Fix your eyes on the enemy's movement.

4. The quick shuffle and the start of the kicking are completed at almost the same time.

Key points in Actual Combat:

1. The key to the success of the transfer is speed.

Quickness is the key to the success of the shuffle and transfer movement. The shuffle should be so quick that the enemy is surprised at the sudden disappearance of his opponent. With a dodge, you are gone and reappear at the enemy's back. The attainment of such a strategic position is possible only when painstaking practice of the shuffle movement is made.

2. Make the same attack if the enemy turns around.

Even if the enemy quickly turns around, you may carry on with your movement as long as the enemy has not completely guarded his head. Generally speaking, he cannot be prepared for such an attack when he turns.

3. In case the enemy turns quickly around and at the same time shields the upper part of his body, use the same leg-attack method to hit his pudenda. The result will be equally effective.



68

二十六、犀牛飲水

此腿法爲專取敵襠部的中盤攻擊性膝蓋腿擊法，爲實戰中較狠惡的腿擊動作之一。古稱腎屬水，故有犀牛飲水的名字，此腿法爲近戰常用的技法，被擊中後的敵方，立即喪失戰鬥能力。

圖68：

敵以拳脚復加的凌厲攻勢襲我，我即向側後略退。

圖69：

緊承上式：上動不停，隨即以左（右）手迎擊敵上部，以迅快的拳法攻敵面頰，此時敵已冲前來，我即搖身迎進，迫近敵身。

圖70：

緊乘上式：隨即起左膝前頂，攻入敵之陰部，敵中後必遭翻跌。


69


70

26. THE RHINOCEROS DRINKS

This knee-attack method, which aims at the enemy's private parts, is a vicious kind of attack in actual combat. According to traditional Chinese medical theories, the kidney falls within the category of water, hence the name. This attack is often used in close combat, and the enemy, when hit, immediately loses his combat effectiveness.

Fig. 68

Enemy fiercely attacks with both hands and foot. I make a slight sidestep.

Fig. 69

Immediately following the above and with above movement still in motion, I use left (right) hand to block enemy's attacks and hit his face. By the time enemy rushes forward, I move close to him.

Fig. 70

Immediately following the above, I quickly pull up left knee to hit enemy's private parts. Enemy will undoubtedly tumble when hit.

動作要領

1. 避空出拳　貴在一致

在敵人的狂攻前面以拳還擊，除了必須的胆略和勇氣，還必須有純熟的技術，迎擊左（右）刺擊拳的成功關鍵，就在於明確一個距離差距，在敵突然攻到前面的一瞬間，我閃到敵右（左）側，這時便出現一個"距離差距"，但我並不滯疑，而是迅速從敵右側的臂上方從左（右）拳出擊敵頭部。敵攻擊我時迅速，我閃避開也迅速，在這距離差距已明確出現時，迅即反擊。這需要高度的協調，才能完成。

2. 犀牛飲水　拳膝一致

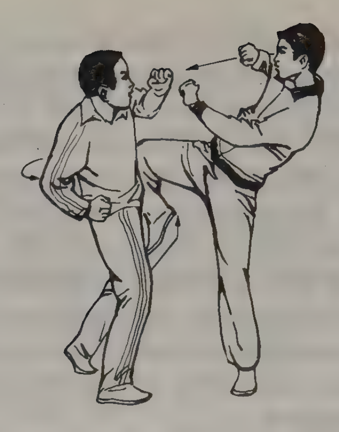
擊出拳後，幾乎同時，起膝撞進敵襠。此時，敵前進之勢尚未停止，我又突發攻擊，力量相向，撞擊力倍增。這種擊敵方法的有效性是萬無一失的。但是，這種擊打效果，一定要在實戰中造成"距離差距"時才能實現。同時，拳膝並進，充份利用距離差距，才能實戰。

Essentials:

1. To block the enemy's fierce blows, expert skillfulness is indispensable apart from courage and resourcefulness. The key to the success of the jabbing blows against the enemy with the left (right) hand lies in the creation of a distance gap between you and the enemy. The instant the enemy rushes forward, you should immediately sidestep to his right (left), thus creating a distance gap. Hit the enemy's head with the left (right) hand from above his right arm without the slightest hesitation. The enemy is quick in his attack. But you are as quick in the sidestepping. The immediate counterattack, executed when the distance gap appears, can only be carried out with extreme coordination of movement.

2. The knee attack should be in harmony with the fist attack.

The knee is raised to hit the enemy's private parts almost simultaneously with the thrust of your fist attack. The continuing forward movement of the enemy and your sudden knee attack, going in opposite directions, create a great bumping force. Such an attack is a hundred per cent effective. Nevertheless, this effectiveness in actual combat can be realized only when the distance gap is created and utilized by the combatant with the combined movement of his fist and knee.



71

二十七、奔馬冲蹄

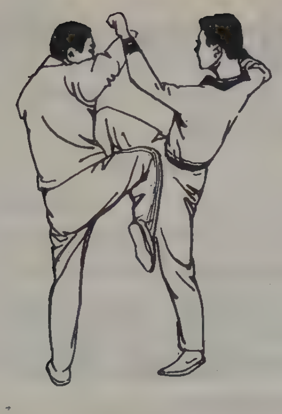
此腿法系防禦性腿法，以膝蓋前冲、前頂之式來防禦敵拳腿的攻擊，其姿勢尤如奔馬，故名奔馬冲蹄。

圖71：

敵以拳、膝猛攻我上、中盤，我似已無路可退，無轉移騰挪的轉機。

圖72：

此緊急之際，不論其中盤是否有空擋，即將膝提起前冲敵方身體各部，如：小腿、大腿、臀位、肋、腹、下陰及腕、拳、肘、掌、胸，均可以冲膝冲擊，以解燃眉之急。



72

27. THE GALLOPING HORSE STAMPS ITS HOOF

This is a defensive leg-attack method in which the forward thrusting and butting of the knees are used to shield off the enemy's fist and knee attacks. Its name is given because the posture resembles a galloping horse.

Fig. 71

Enemy inflicts such fierce fist and knee blows against your upper and middle parts that you seem unable to escape or find chance to shuffle or transfer.

Fig. 72

In such an emergency, thrust knees forward, whether there is an opening or not in the middle part of enemy's body, and hit any of the following points to effect a quick extrication from an unfavourable situation: shank, thigh, seat, ribs, abdomen, pudenda, wrist, fist, elbow, palm, chest, etc.

動作要領

1 .前項動作要猛烈、迅速，並以雙拳輪番衝擊，以助膝衝之勢。

2 .截消攻擊之拳，要狠。

實戰要點

1 .頻頻起膝　連連出擊

膝攻第一下後，下落再起，同時身軀前進，以助姿態。出拳交替要迅速，主要攻擊目標爲敵鼻樑，關鍵在准。

2 .重心前攻，隨勢變招

重心在進攻中，不斷前移，在頻頻的連貫起用膝攻中隨時注意形勢的變化，如敵已露空檔，隨時打擊之。

Essentials:

1. The forward butting movement must be fierce and quick, and be coordinated with repeated fist blows.
2. Firmly and ruthlessly ward off the enemy's fist attacks.

Key points in actual combat:

1. Repeated knee thrusting and fist blows.

As soon as the first knee attack is made, keep repeating the same attack with the help of the forward body movement. The fist blows must be in quick succession and their main target is the enemy's nose bridge. The key to success lies in accuracy.

2. Move center of gravity forward and be ready to change strategem.

During the attack, keep moving one's center of gravity forward to realize the repeated knee butting. Watch out at the same time for any possible change or loophole in the enemy's movements in order to turn the tables.



73

二十八、黃蟒出洞

此腿法專取敵面頰之攻上盤中路迎擊勢腿擊法，此腿擊狠兇異常，一出擊即如蛇之出洞，昂頭而進，故而得名。

圖73：

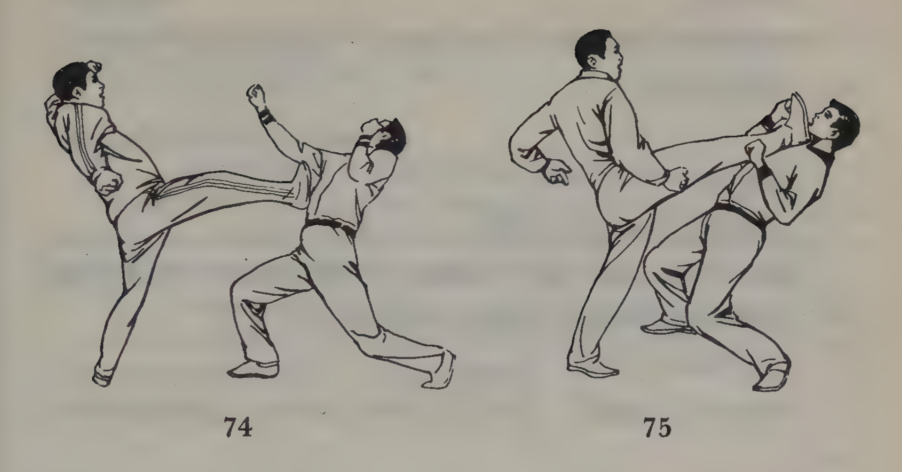
設敵從遠距離奔襲於我，我以自然式對敵，始終用眼對瞄准敵方，伺其露出空檔。

圖74：

敵攻迫近，我伺准其中盤，上盤所暴露的空檔，隨即發出擊面之腿擊。

圖75：

（近照）敵頭被擊中，後仰，我腿攻入敵面頰。



74 75

28. THE YELLOW PYTHON CRAWLS OUT

This is a leg-attack method aimed directly at the enemy's face in a frontal attack. Its name is given because the attack is as fierce and ruthless as a python crawling out of its cave.

Fig. 73

Enemy attacks from a distance. I keep eyes on enemy and stay in a natural posture watching for an opening.

Fig. 74

As enemy gets close, I aim accurately at openings in upper and lower parts of his body and make a frontal kick at his face.

Fig. 75

(Close-up view) Enemy is hit in the face and his head moves back.

動作要領

本腿擊法是正勢擊敵，要求身軀周正，起腿擊面部，要輕松自然，不應有勉强之意。

實戰要領

1. 小腿擊上盤，毫不留情

對於上盤的攻擊，踢擊一旦發出，即應毫不留情，總毫無遲疑感，這樣才能發揮爆發力和奪取有利的時機。

2. 敵勢過猛　小退一步

敵如攻來之勢過猛，我可任意一脚小退半步，隨即起脚發擊空檔。

Essentials:

In the frontal attack, keep body erect and the leg movement natural and devoid of any strain.

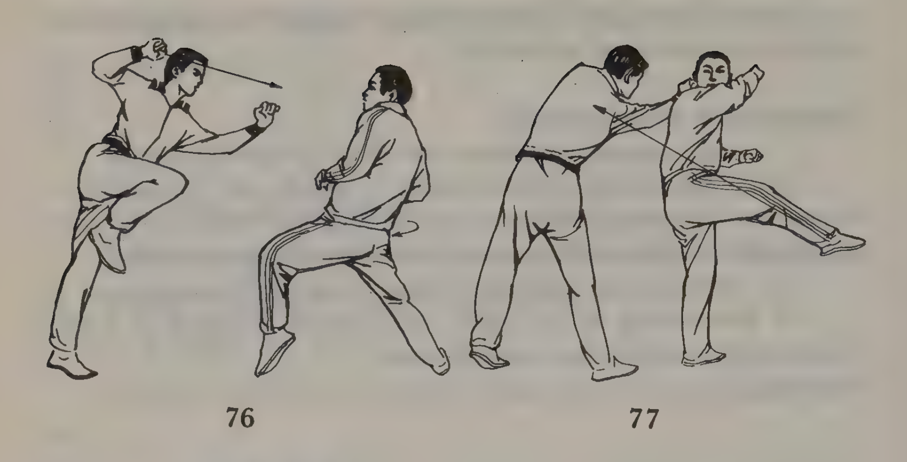
Key points in actual combat:

1. Be relentless in hitting the enemy's upper part.

Once the attack at the enemy's upper part is started, it should be relentless and devoid of the slightest hesitation so as to bring out the explosive force and seize the best opportunity.

2. Step backward if the enemy is too swift and violent.

If the enemy is too swift and violent, move half a step backward before the leg attack is made.



76　　　　　　77

二十九、金龍擺尾

此腿法專擊敵之腰眼穴，為轉體性中盤旋轉腿擊法。此腿擊法同黃蟒擺尾的區別是，黃蟒擺尾是正面對敵，轉移擺擊，而金龍擺尾則為轉體擺擊，實戰中此腿對於貿然攻來之敵，極有威脅。

圖76：

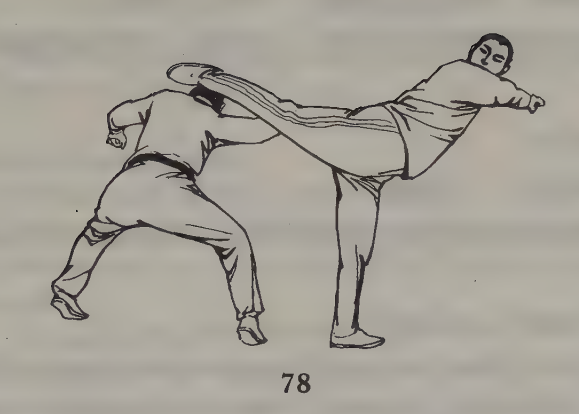
敵以拳攻我，我從左（右）腳立前，右（左）腳在後姿態待敵。

圖77：

緊接上式，待敵正欲擊我面頰時，我以左腳跕地上躺右（左）後旋轉，右（左）腳提起借轉體姿態，充份利用旋轉勢能。將腿向敵腰側彈放。

圖78：

為擊中敵姿勢時態。



78

29. THE GOLDEN DRAGON SWINGS ITS TAIL

This leg-attack method is aimed at the enemy's *Yaoyan* acupoint and is realized through the turning of the body. It differs from the Yellow Python Swings Its Tail in that the former involves a frontal and transferring attack while the latter involves a body-turning attack. It is most threatening to the rash enemy in actual combat.

Fig. 76

Enemy is ready to punch out. Keep your position with left (right) foot in front and right (left) foot behind.

Fig. 77

Immediately following the above, pull up left (right) leg just before enemy hits your cheek. Pivot backward on left foot from right (left) and make use of potential force to hit enemy's waist.

Fig. 78

The instant the enemy is hit.

動作要領

1. 旋轉時，注意重心要穩固，不能有所傾斜。

2. 注意利用撐腰的一瞬間，向敵彈去。前脚後掌擊敵。

實戰要點

1. 候敵進攻　方可旋轉

使用此腿的最佳時機是候敵方對我發起攻擊時，切切注意不宜過早。

2. 旋轉踢空　應有變招

該動作在旋轉前如被敵發覺企圖，應即退而遁出腿擊火力範圍。此時，應主動向前迅即落步，發起其它攻擊動作。如敵利用“時間差”猛烈反扑，亦當立即退出，以窺視敵的來路破綻。

3. 攻擊得手　仍應追擊

此腿擊如中，倘因各種原因力量不夠足時，仍應追加攻擊動作以催其速倒，充份利用敵被擊後引起的疼痛反應，不能主動反擊的時機，連續地追擊之。

Essentials:

1. Keep the center of gravity stable to avoid any tilting of the body.

2. Make a spring attack at the enemy with the heel of the foot the instant you twist your waist.

Key points in actual combat:

1. Do not turn until the enemy attacks.

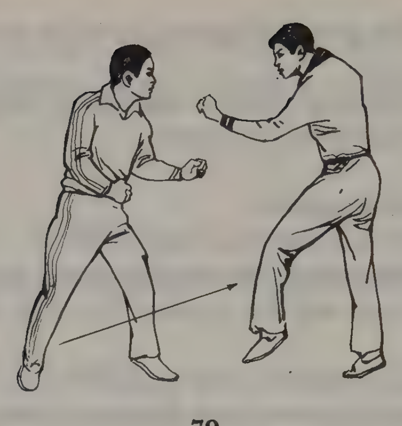
The best opportunity for this leg attack is when the enemy starts to charge out and not earlier. This is a key point to be borne in mind.

2. Change strategem if the leg attack fails.

If the enemy discovers your intention before you turn your body, immediately retreat from the enemy's leg-attacking range, quickly make a step forward and be ready to mount another attack. If the enemy takes advantage of the "time gap" to make a fierce counterattack, also move quickly out of the fighting range and watch for another opening in the enemy's movement.

3. Keep attacking if the enemy is hit.

In case the leg attack, for various reasons, is not strong enough, you should take advantage of the opportunity when the enemy is struggling with pain and give him further blows to bring him down.



79

三十、野馬截脚

此腿法專取敵方脛骨的阻擊性低腿之擊法。因動作近似野馬彈蹄而獲名，野馬彈蹄爲專取敵心窩膻中穴，而野馬截脚只是襲取敵小腿脛骨上半部，爲實戰中常用腿擊法之一。

圖79：

敵我雙方轉側身對峙，敵正欲攻，我以拳擊。

圖80：

我趁其正欲前進而尚未前進時，隨即起右（左）腿，側蹬敵支撑脚的小腿脛骨正面，敵被擊中後，必向後翻跌，不能繼續作戰。



80

30. THE WILD HORSE TREADS ON THE SHIN

This is a blocking leg-attack method aimed at the enemy's shin bone. Its name is given because its posture is similar to that of the Wild Horse Shoots Out Its Hoof, which aims at the *Shanzhong* acupoint (the pit of the stomach). The present leg-attack method aims only at the upper part of the shin bone. It is often used in actual combat.

Fig. 79

The opponents confront each other sideways. Enemy is on the point of giving out punches.

Fig. 80

Just as enemy is on the point of moving forward, I pull up right (left) leg and tread sideways on the front of shin bone of his pivoting leg. Enemy, when hit, will surely tumble backward and lose combat effectiveness.

動作要領

1. 以脚外緣擊敵小腿脛骨。

2. 進擊時上身後仰，脚盡量伸出，以保持最遠的戰鬥距離。

3. 全身動作要協調一致　進退要靈活。

4. 側身施腿擊。

實戰要點

1. 雙方相峙，以步變招

雙方對峙時　採用靈活的步法，製造一種忽遠忽近，捉摸不定的運動韻律，來迷惑對方，從而使自己對距離具有更爲明確的估計而隨意操縱。這是該腿成功的關鍵。

2. 身腰對拔，避擊同時

使用此腿法時，盡量放出腰胯加大戰鬥距離，以獲得滿意的擊打效果。此舉必定使上體後仰，這無疑是上避拳襲擊的最好姿態。

3. 咬准時機，以少變化

敵正欲起腿攻擊我時，敵前進正欲落步時，或敵剛落步的一瞬間等三種情況，均爲施以該腿擊之艮好時機。所以，一定要在實戰中、善於觀察對方的動機、進退，以選擇最佳的攻擊機會。選擇在該機會中最宜襲擊的時間。

Essentials:

1. Hit the enemy's shin bone with the outer edge of your foot.

2. Move torso backward and reach out your foot as farther as possible in the attack in order to achieve the longest possible combat distance.

3. Movements of the entire body must be quick and coordinated.

4. Hit sideways.

Key points in actual combat:

1. Be ready to effect strategem changes by different steps.

During confrontation with the enemy, create, with quick and dexterous steps, a kind of movement rhythm unpredictable to the enemy so that you are in a good position to judge the distance and make the attack at will. This is the key to the success of this leg attack.

2. Keep hip forward and torso backward.

In the application of this leg-attack method, release as much as possible your waist and hip to increase the combat distance and achieve the best possible hitting effect. As a result, the torso inevitably leans backward, giving the combatant the best posture to evade the enemy's punches.

3. Seize the best opportunity.

The best opportunities to tread on the enemy are as follows: when he is about to make his leg-attack; when he is about to stop in his forward movement; or the instant he stops his movement. In actual combat, therefore, one must be good at reading out the enemy's intentions and choosing the best opportunity to attack.

第二節：騰空腿法（9）

當身軀躍起，於空中發出之腿擊動作，稱爲騰空腿法。

在散打實戰中，使用騰空腿法，對於牢牢掌握攻勢，奪取主動具有重要意義。佔領空間，爭奪制高點，爲爭得主動的關鍵之一。從戰術角度看，從一個防禦低姿，突然變化爲攻式高姿，於對手毫不注意的角度，重重射入一脚，或帶動一連串的擊打動作，發起攻擊，往往能出奇制勝。金剛禪自然門拳訣云："一脚有萬變，萬變歸一脚。""一脚出，勢勢連貫。"指的就是這種形勢。

對於腿擊的高度，各門各派因師承的不同，歷來有所爭論，有曰："脚踢不過膝"。有曰："發腿不過腰"。也有曰："踢腿高不過肩"。更有曰："起腿三分輸"，徑直反對使用腿法，各執一端，莫衷一是。各門各派，千流百家，都有自己的經驗和道理。無須統一，强求同理。學術上的不同意見，通過爭鳴比較，各派自會得出符合客觀實際的結論，從而得到各自的提高。

金剛禪自然門認爲："高腿者，大技也"；"高下之腿擊，迅緩能得靈變，取勝之道也"。高擊腿法和騰空腿法的運用，在我們散打的實踐中是有效的，擊打效果一般不比中、低型腿法差，在實戰中連續起高擊腿法，能獲得進攻的氣勢和主動，力求出奇不意的制勝。

任何事物都有二重性，有優點，也必然有缺點，騰空腿法衝擊力量强，速度快，但也應注意對手引進落空，巧避旁擊。騰空腿法，佔領高度，尤應研究落地後的整局變化，切不可騰起如龍，落地像"蟲"。缺少變化，被動挨打。

Part Two
The Leaping Leg-Attack Methods (9)

These refer to the leg-attack methods made when the body is up in the air.

The employment of leaping leg-attack methods in the free-style combat is of great importance for the maintenance of the attacking momentum and initiative. One of the key methods in keeping such momentum and initiative is to acquire the commanding point in combat. Tactically speaking, with a sudden change from a low, defensive posture to a high, offensive one followed by a heavy and unexpected kick or other attacking movements, the combatant may catch the enemy unawares and win the battle. This is the situation described by the pugilistic formula of the *Jingang-Chan* Natural School, which says: "One kick has numerous variations, and numerous variations lead to one kick;" and "Once a kick is made, a series of coherent movements would follow."

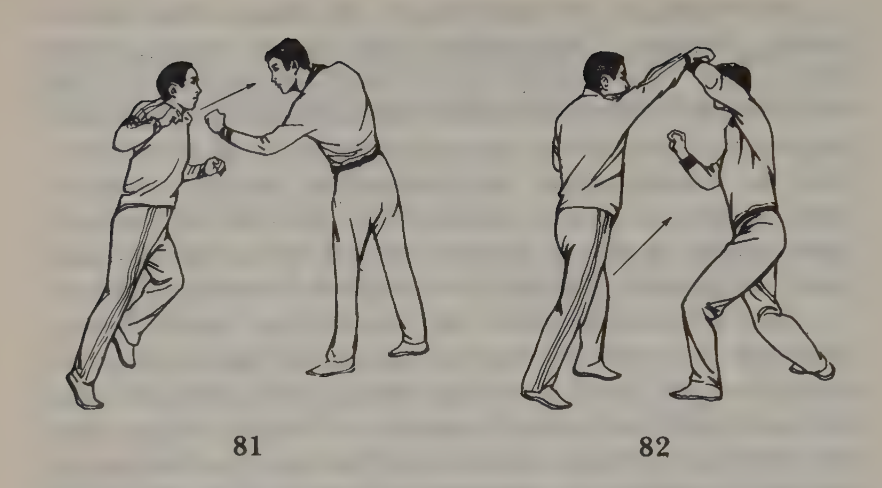
The height of the leg-attack methods has always been a problem under contention because different schools of *Wushu* have different interpretations and requirements. Some say that a leg attack should be aimed at target points "no higher than the knees;" others say "no higher than the waist;" still others say "no higher than the shoulder." Some have even gone so far as to declare that "any leg attack would mean 30 per cent of failure," refusing the use of any form of leg attacks. There are so many contradictory views that it is unadvisable to make any conclusive remarks as to which is correct, because most of the above understandings come from the experiences of the different schools and are endowed with reason. Instead, we should let the different schools contend for the general advancement of *Wushu*.

騰空腿法，難度較高，消耗體力也較大。因此，除了具有單個腿法訓練基礎之外，還應加强耐力和彈跳等身體素質的訓練。以便在瞬現即逝的時機來臨時能及時準確地起跳，實行空中腿擊取勝。

According to the teachings of the *Jingang-Chan* Natural School, however, "high-position leg attacks involve superb skills," and "high-position leg attacks are flexible in speed variations and therefore provide the way leading to victory." Leaping and high-position leg-attack methods are no less effective than the middle-position and low-position leg-attack methods when applied in actual combat. With the use of successive high-position leg attacks in actual combat, the combatant could gather momentum, gain initiative and catch the enemy unawares.

Just as everything has two aspects and where there is advantage there must be disadvantage, leaping leg-attacks have a strong charging force and a high speed, but at the same time, they are easily evaded by the enemy. Although the combatant who employs a leaping leg-attack method enjoys a commanding position, he should pay attention to the changing situation when he comes to the ground and avoid "being a dragon in mid-air and becoming a worm on the ground." Lack of strategem changes would land the combatant in a passive position.

Since leaping leg-attack methods are more difficult and energy-consuming than single leg-attack methods, basic training of endurance and the ability to spring is of great importance if the combatant wishes to take off at the precise moment when the opportunity arrives and make an accurate, successful mid-air attack.



81　　82

三十一、飛虎食心

腿法爲專取敵膻中穴位的中踢騰空腿擊法。此動作勇悍、攻勢猛烈，故有飛虎之稱。爲實踐之基本騰空踢擊法。

圖81：

雙方保持較遠的戰鬥距離，互相伺機進取。

圖82：

在中距離時，我主動扑擊迎面拳、敵以手擋格，我以左(右)膝提起上撞。

圖83：

緊承上式、隨即右（左）脚踏地、起跳、身體騰空，從敵中盤空檔攻入。



83

31. THE FLYING TIGER GULPS THE HEART

This is a frontal and leaping leg-attack method aimed at the *Shanzhong* acupoint. Its name comes from the attack being as fierce and ferocious as that of a tiger. It is also a basic leaping leg-attack method in actual combat.

Fig. 81

A fairly long combat distance is maintained between opponents who are both watching for a chance to charge forward.

Fig. 82

Give enemy a punch on face at mid-distance. As enemy wards off the punch with hand, I bump up against enemy with left (right) knee.

Fig. 83

Immediately following the above. I spring up on right (left) foot and attack unprotected area on the middle part of enemy's body.



84 a

圖84a.b：
敵被飛虎騰空擊中，仰身後倒

動作要領
1. 冲擊速度要快。
2. 以脚前掌擊敵。
3. 擊拳、出脚、騰空、攻擊要協調。

實戰要點
1. 拳擊掩護　勁力充沛
首先向敵發出的拳擊動作是掩護後面的騰空腿法的，所以，先行之猛烈冲刺，一定要有威脅，使敵感到來拳非防不可而眞正的去防守或轉移。這時，我已迫近，獲得了使用飛虎食心的必要間距。這樣，該腿擊方能成功。
2. 迫敵應戰，即應即擊。
猛烈的拳攻擊，應該使敵方有充份的時間作出反應，當注視到敵方已出現反應企圖時，立即將腿騰空，相繼攻入。否則，當敵已

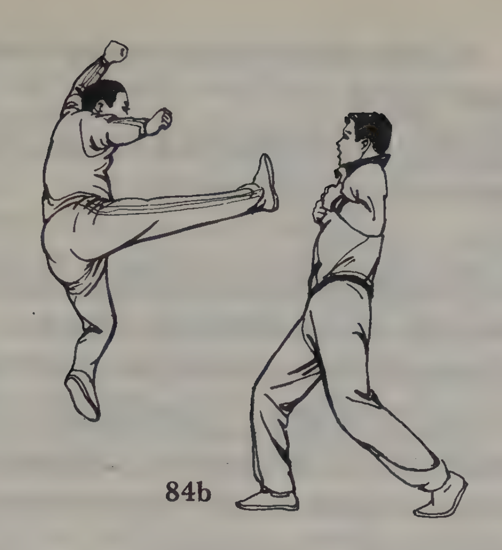


Fig. 84a, 84b
Enemy is hit by the "flying tiger" and tumbles backward.

Essentials:

1. Charge out quickly.
2. Hit the enemy with the sole of the foot.
3. The punch, step, leap and attack should be coordinated.

Key points in actual combat:

1. Give the enemy a heavy punch.

The punch at the beginning serves as a cover for the subsequent leaping leg attack. One must, therefore, charge out so threateningly that the enemy feels he has no way out but to ward off the punch or escape. By this time you are already within the necessary distance to make a successful leg attack.

2. Attack as soon as the enemy reacts to the punch.

The fierce punching should leave the enemy with enough time to react. Take off and attack as soon as there are clear signs of reaction on the part of the enemy. If the enemy is allowed to complete the reaction, he would have time enough for a second reaction — to block the leg attack.

完成反應時，就有充份的時間來實行第二個反應——阻擋腿擊。

3. 騰空腿擊，速度第一。

發起騰空腿擊，一定要將腿擊的速度放在首位，因此，必須要有良好的彈跳訓練和堅實的單個腿法的基本功。

4. 滯緩之敵，尤宜攻擊。

動作反應滯緩之敵，尤其可以施以該腿法，容易攻擊得手。但是對於反應靈敏之敵，使用此類騰空腿法，就要注意，小心謹慎。敵如已察覺我欲騰空起飛的意圖，腿擊即將失敗時，應當機立斷，途中收回，改施以其它攻擊手段。如敵見我騰空，即將其中盤封死，我如繼續貫徹初衷，必遭敵攻擊失敗。但是敵既然守護中盤，上盤就立現空擋，這種實戰時的疏忽，最優秀的拳家也在所難免，我之騰空之腿，應立即攻入其上盤空擋。

3. Attack speed is of primary importance.

Speed is of primary importance in the execution of the leaping leg-attack methods. Good spring ability and substantial one-leg performance are the indispensable basic training requirements.

4. Slow enemies are easily hit.

This leg-attack is easy of success when used against the enemy with slow movements. But precaution must be taken in making the same attack against enemies with quick reactions. If the enemy discovers your intention and the leaping leg attack was to miss the target, promp decision must be made the withdraw your leg and change fighting strategem. In case the enemy gives full protection to the middle part of his body when you spring up, use the same leg to break immediately into the upper part of his body. This is possible because, in actual combat, even the most experienced combatant is liable to neglect his upper part when full protection is given to his middle.



85

三十二、飛龍掃尾

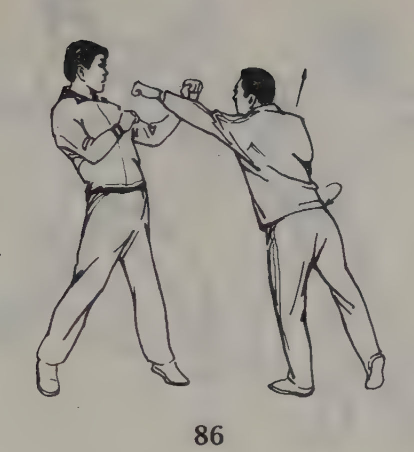
此腿法專取敵之肩胛部肋下之後轉體性旋轉騰空腿擊法，因其騰空旋轉的勢能劇烈而獲此名。該腿法動作猛烈，在實戰中有很大的攻擊力，爲實戰常用的騰空腿擊法。

圖85：

以側身應敵，左（右）脚在前、右（左）脚在後。雙方保持中戰斗距離。

圖86：

迅速攻敵以左（右）迎面拳，敵立即出招反應，欲進行防守。



86

32. THE FLYING DRAGON SWEEPS ITS TAIL

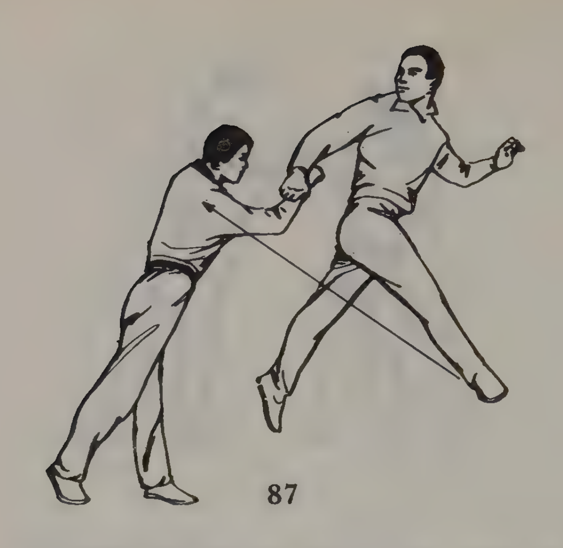
This is a back-turning leaping leg-attack method aimed at the enemy's shoulder blade and the side of his chest. It is so named because the strong potential energy is created by the body-turning in mid-air. It is a fierce, violent and menacing attack, often used in actual combat.

Fig. 85

Face enemy sideways in a medium combat distance, with my left (right) foot in front and the other behind.

Fig. 86

Punch swiftly at enemy's face with left (right) hand. Enemy promptly reacts in defence.



87

圖87：

緊承上式，兩脚蹬地，身體騰空，隨即身軀右（左）轉，左（右）腿支持重心，右（左）腿微曲，迅速提高。向右（左）轉勢不停。

圖88：

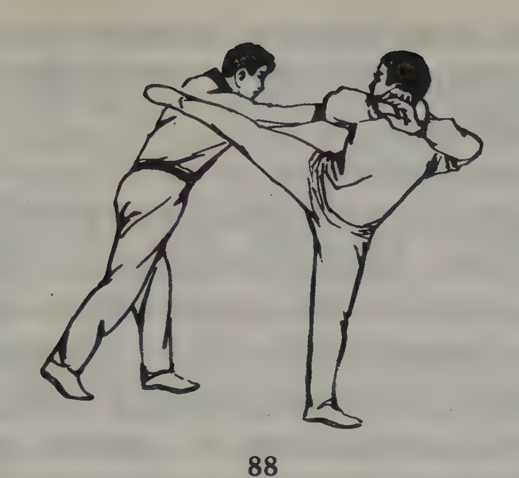
緊承上式，右（左）腿迅即向敵肩胛部或頸部橫掃彈擊。敵必應聲而倒。

動作要領

1. 出拳攻擊和擰腰轉體要幾乎同時進行。
2. 要充份利用擰轉身軀的旋轉力，以增加腿擊份量。
3. 彈擊和橫掃的合力，構成攻擊爆發力。
4. 以後脚踵部擊敵。

實戰要點：

1. 飛龍旋踢，意在側擊。



88

Fig. 87

Immediately following the above, turn my body to right (left) with weight on left (right) foot and right (left) leg slightly bent and pulled up. The rightward (leftward) turning still goes on.

Fig. 88

Immediately following the above, make a quick spring attack by sweeping your leg against enemy's shoulder blade or neck. Enemy at once tumbles.

Essentials:

1. The punching and the turning of the waist and body should be carried out almost simultaneously.
2. Make full use of the revolving force to increase the momentum of the leg attack.
3. The explosive force of the attack is realized by combining the spring and the sweep.
4. Hit the enemy with the back of the heel.

Key points in actual combat:

1. Kick the enemy sideways.

此腿擊法主要用作於側面擊敵，致敵側倒。所以，轉體擰腰是關鍵，充份地利用旋轉勢能，對肋部、肩胛實行側擊，可使敵的重心迅速移至體外而側跌。

2. 拳法掩護，意在簡捷。

實戰經驗告訴我們，綜合動作的組成愈複雜，成功的機會就愈少；而動作愈簡明、愈迅速，成功的把握就愈大。在實行旋踢之前的拳攻擊，在該動作中，實際上是個掩護的假動作。而假動作是一種爭取獲得有效地腿擊間距的方法，因此，假動作要輕巧，只須引起對手的反應即可。但是假動作必須既假且眞，如對手沒有反應，這一拳便是眞的，貨眞價實的攻擊一拳，也即奏效，固拳法非本篇中心，故而待以後再論。

3. 彈擺合力，旋踢秘訣。

此腿法是既彈又擺，既是橫掃的勁，又是直冲的勁，二勁合一，構成攻擊的爆發力，這種爆發力，對方是極難防的，實戰中，被擊方往往是感到無處可防，猝不及防。故而稱彈擺合力，旋踢秘訣。

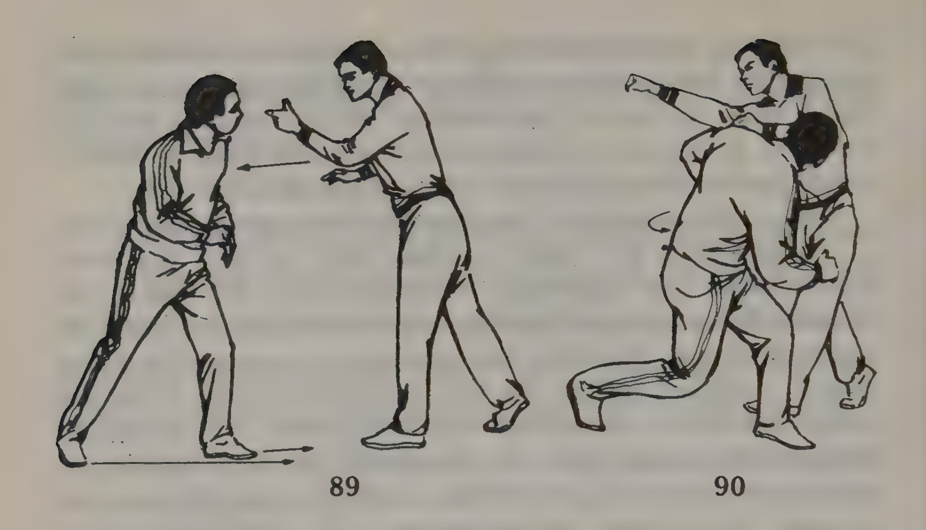
This leg attack kicks the enemy sideways and lets him down on his side. Hence the key point is to twist the waist and turn the body. Make full use of the potential force of twisting and kick sideways at the enemy's chest side or shoulder blade so that he would lose his center of gravity and tumble sideways.

2. The punch as a fake blow should be simple and direct.

Experience in actual combat tells us that the more sophisticated the combined movements are, the fewer the chances of success, and that the more simple and forthright the movements are, the more the chances of success. The punch attack, executed before the kick, is in fact a false movement which serves as a camouflage as well as a means to execute the effective leg attack. This false movement should, therefore, be simple and quick and just forceful enough to cause the opponent to react. But it must also be genuine at the same time, so that you can give the enemy a real punch if he does not react. But we will leave this for a future discussion since boxing or fist attacks are not the topic of the present book.

3. The secret to success is the combination of the spring and sweep.

This leg attack involves both the sweeping and the springing movements, which combine to build up the explosive force that can scarcely be evaded by the enemy. In actual combat he often feels defenseless when confronted with such an unexpected attack.



89　　90

三十三、飛蛇串洞

此腿法爲專取敵耳門的偏門上盤騰空腿擊法。以其勇悍飛踢而獲名，爲實戰中常用的騰空腿擊法之一。

圖89：

敵以虛招試我應手，以觀我變。我隨即向後斜閃。

圖90：

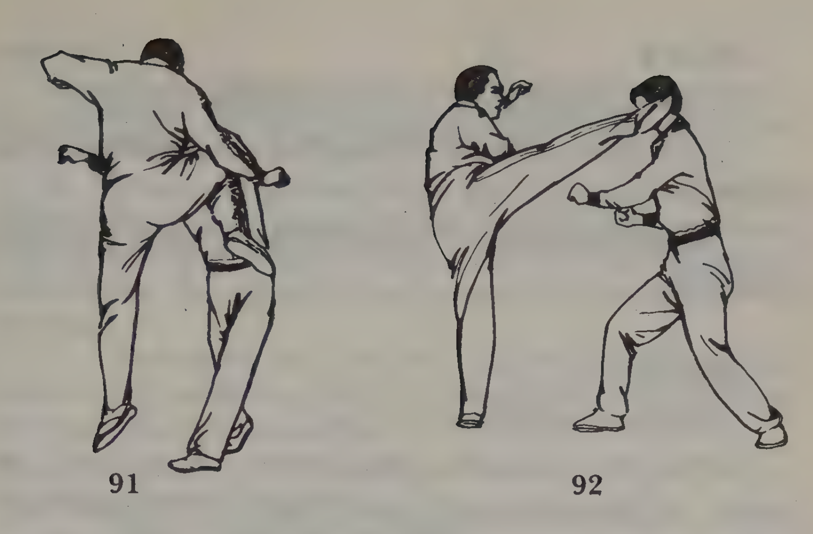
敵續進犯以重拳，我即以身法閃至敵側，但仍保持中型戰鬥距離。

圖91：

上動不停，隨即左（右）脚踏地起跳，右（左）脚緊接着離地，從身右（左）側提于身側胸前，此時身體騰于空中。

圖92：

上動不停，右（左）腿繼續提起，隨即將腿從身側向前彈踢，擊中敵耳門。


91 92

33. THE FLYING SERPENT PASSES THROUGH THE HOLE

This is a leaping leg-attack method aimed at the *Ermen* acupoint in the upper part of the enemy's body.

Fig. 89

Enemy makes feint attack to try my reaction. I dodge sideways to the back.

Fig. 90

Enemy follows with heavy punches. I dodge with quick bodywork to his side, still keeping at medium fighting distance.

Fig. 91

With above movement still in motion, I take off on left foot and pull up the other foot from right (left) side to front of my chest. My body is now up in the air.

Fig. 92

With above movement still in motion, I keep pulling up right (left) leg and then make a forward spring attack and hit enemy's *Ermen.*

動作要領：

1. 閃避和起身騰空要一致，并要求極迅速的完成此過渡。

2. 此動作似窩心進擊之黃蟒擺尾腿擊法。以前脚掌擊敵。唯目標爲耳門。

3. 發腿動作要乾淨利索，切忌拖泥帶水，騰空彈跳要高，撥地而起要輕靈。

實戰要點：

1. 腿擊堅決，騰空要高。

在閃避之後，敵方暴露的上盤頭部空擋，作爲我應該加以攻擊的目標，而正隨着敵的進犯而迅速向我靠攏，爲了正確擊中目標，我必須與其保持一適量的間距，隨即起跳，騰于空中，加以攻擊。敵正在前進中，我之發起腿擊應該毫不猶疑、果斷、堅決。

2. 敵變我變，施以肘膝。

敵如發覺我之企圖而變化，我亦同時應即變招，改施以近戰的膝、肘的聯合攻擊，以防止失誤。

Essentials:

1. The dodging and the take-off should be in keeping with each other and the transition of the two movements must be effected with extreme rapidity.

2. This leg-attack method has movements similar to those of the Yellow Python Swings Its Tail, but they aim at different target points: *Ermen* by the former and the pit of the stomach by the latter. The sole of the foot is used in both cases to make the kicks.

3. The attack should be neat and efficient, devoid of any sloppiness in movements. Take off dexterously from the ground and jump up as high as possible.

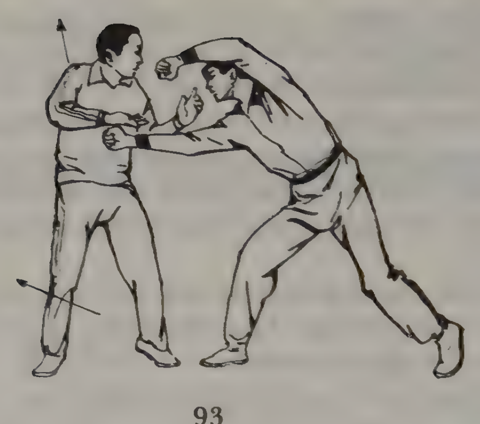
Key points in actual combat:

1. Attack firmly and resolutely.

At the time you dodge aside, the enemy is moving forward quickly in his attack, exposing his head and the upper part of his body. In order to hit accurately at the target, an appropriate distance should be kept from the enemy before you jump up and attack. Because the enemy is advancing, my attack must be prompt and resolute.

2. Change strategem if the enemy changes his.

Change strategem if the enemy discovers your intention and adjusts his movement. Change immediately to combined knee and elbow attacks used in close combats to avoid being hit by the enemy.



93

三十四、猛虎回頭

此腿法專取敵面頰之轉體性騰空腿擊法，因其在攻腿時，勢猛力强，如虎回首，故而有此名。爲實戰中常用之轉體騰空腿擊法。

圖93：

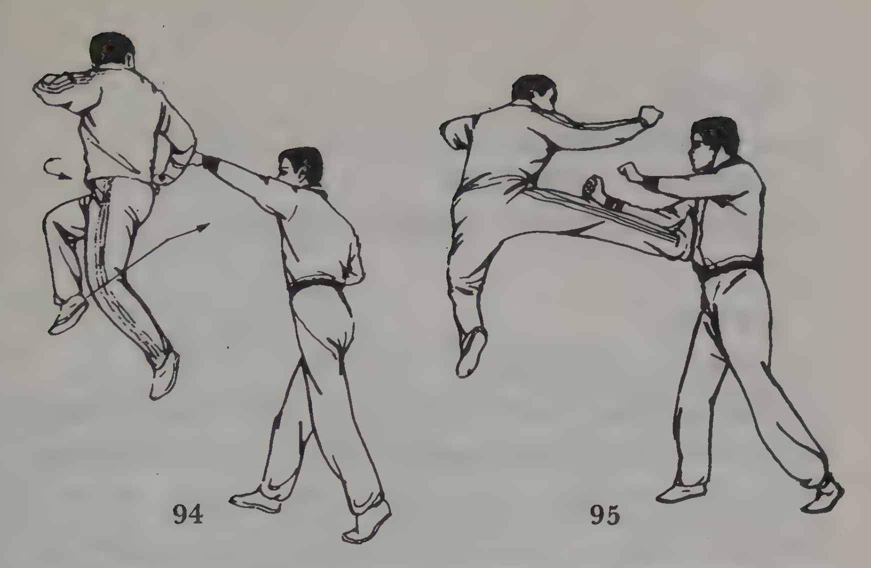
設敵我相峙，雙方保持遠戰鬥距離。敵以串步迅速逼近，幷以拳猛冲我胃脘部，我以左勢蓄發。

圖94：

緊承上式，我隨即向右扭轉身軀，同時起跳，避開敵攻勢。此時，右腿收于胸前，身體騰空，眼看敵勢。

圖95：

上動不停，右（左）脚向後，向敵面反踢擊。敵必中倒地。



34. THE FIERCE TIGER LOOKS BACK

This is a turning and leaping leg-attack method aimed at the enemy's face. It is so named because its posture resembles that of a fierce tiger looking back at its prey. It is one of the often used turning and leaping leg attacks.

Fig. 93

The opponents are facing each other in long combat distance. Enemy rapidly moves forward with quick steps and punches fiercely at the pit of my stomach. I remain in left position, ready to make counterattack.

Fig. 94

Immediately following the above, I turn body to the right and jump up at the same time to evade enemy's attack, with right leg bending in front of chest, body at mid-air, and eyes watching enemy's movements.

Fig. 95

With above movement still in motion, I kick backward at enemy's face with right (left) foot. Enemy tumbles.

動作要領：

1. 以脚後掌外緣擊敵。

2. 動作要猛烈，轉體要突然。

3. 踢擊時要塌腰、鬆胯，盡量放長，騰空要高。

實戰要點：

1. 瞄准空擋，掌握時機。

此腿法係踢擊敵之面頰，因而適用于低姿襲我之敵或身高較矮于我之敵。頭部空擋，爲較難攻擊之所，因此，只有當敵突然襲來，而且暴露了漏洞，才能加以攻擊。在實戰中，敵方暴露了空擋，但待我去擊又往往落空，有人就認爲是速度問題。速度，在實戰中，的確是一個要素，但是，最爲重要者，還是時機，這就需要對敵的行動，有所判斷，對敵的企圖，對敵有可能出現的動作，有一個明確的估計，這樣，當敵一開始動作，你潛意識的準備就先敵一步作出了對策。動作隨勢而發，正當時機出現時，你便立刻攻取敵所暴露的空擋。“猛虎回頭”這個激烈的騰空腿擊法，就是在這樣的精神和思想準備狀態下使用。

2. 避敵空中，轉體要速。

對于敵的低姿襲我，我採取躍起空中的姿態，無異這必須迅猛，迅猛的躍起，應有銳不可擋之勢，空中轉體更要求迅速，只有迅猛的空中轉體，才能使敵在精神上處于極高度的緊張，甚至頓時有茫然不知應對的狀態。此動作如配合有淩厲的發聲，更有致敵立即精神瓦解之勢，在此種戰鬥狀態下，緊接而發的猛烈狠殺的空中腿擊，奏效是極神的，當然，在掌握了時機、擁有了氣勢的狀況下，還必須有正確的距離估計和正確的擊打動作。

3. 敵有變化，我即應變。

敵如遠程誘攻，故意暴露頭部空擋，我此時如已躍起空中，可

Essentials:

1. Hit the enemy with the outer edge of the heel.

2. The movements must be fierce and the body-turning sudden.

3. Sink the waist and loosen the hip as farther as possible. Jump high up in the air.

Key points in actual combat:

1. Watch for loopholes and seize opportunities.

Since the target for this leg attack is the enemy's face, it is most effective if employed against enemies with low postures or height. It is relatively difficult to hit the head of the enemy. What we can do is to wait until the enemy suddenly charges forward and exposes an unguarded area in the upper part of his body. In actual combat, we often miss the target even if the enemy has exposed his weak point, a failure attributed by many to the velosity of the attack. While speed is undoubtedly an essential factor in actual combat, a more important factor is opportunity, which can only be seized through a correct judgement of the enemy's movements and a correct evaluation of his intentions. The instant the enemy starts to move, your sub-consciousness should have prepared you with necessary counter-measures, so that when the opportunity arrives, you can forcefully start your movements and promptly attack the enemy's exposed weak points. The present violent leaping leg attack is based on such spiritual and ideological preparedness.

2. Quickly turn your body in mid-air.

Facing the enemy's low-stance attack, you must be quick and fierce enough in your take-off to create an irresistable force against the enemy. The turning of the body in mid-air must be all the more quick and fierce so that the enemy will be left in a status of extreme spiritual strain and helplessness. If a threatening outcry is uttered in coordination with your movement, it would easily bring spiritual collapse to the enemy. Under such circumstances, the ferocious mid-air leg attack that follows the body-turning would have an amazing effect. Correct

以下二法應變：

1. 敵如隨即轉移，退出。躍起之身軀及踢出之腿擊會接觸不到目標，這即是說，時機已喪失，應立即改用其它動作擊敵。

2. 敵如停止前進，以靜制動。我或改變初衷，變換其它拳式攻敵，或以更爲快速突然的腿法突擊敵方，務使敵在意識上喪失戰鬥力，被我所襲。或敵已有效防禦，我應有其它絕招之腿擊法後備擊敵。

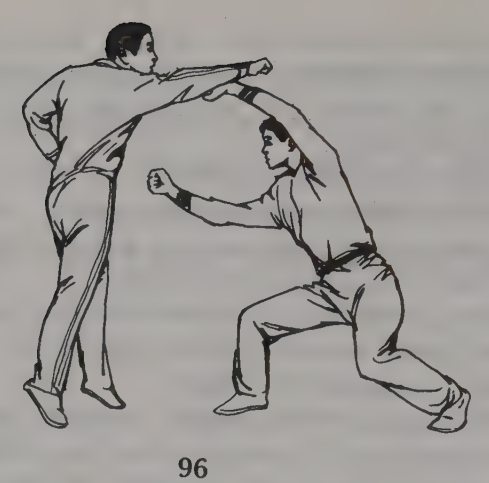
estimation of the distance and proper attack movements, however, are also indispensable for the success of the leg attack even if you have seized the opportunity and built up an overwhelming momentum.

3. Ready to change strategem.

In case the enemy purposefully exposes his head in a long-distance feint attack and you have already taken off, adjust your movements in the following two ways:

a. Change immediately to other attacking methods if the enemy moves away, because the opportunity is lost and the flying leg attack would miss the target.

b. Either give up the original strategem and change to other punching methods or speed up your movement to make a sudden leg attack if the enemy stops in his movement. The important thing is to make him mentally collapse even before he is hit. Be ready to employ other unique leg-attack methods if the enemy is in effective defense.



96

三十五、金龍飲水

此腿法爲專取敵下陰之中盤中路騰空腿擊法，因下陰爲腎水，故有此名。在實戰中，應用此法腿擊，居高制敵，較爲有效。而且能配合拳法，擊敵百會要穴，取得上下夾擊的勢態，自己破綻較小，爲安全系數較高的騰空腿擊法。

圖96：

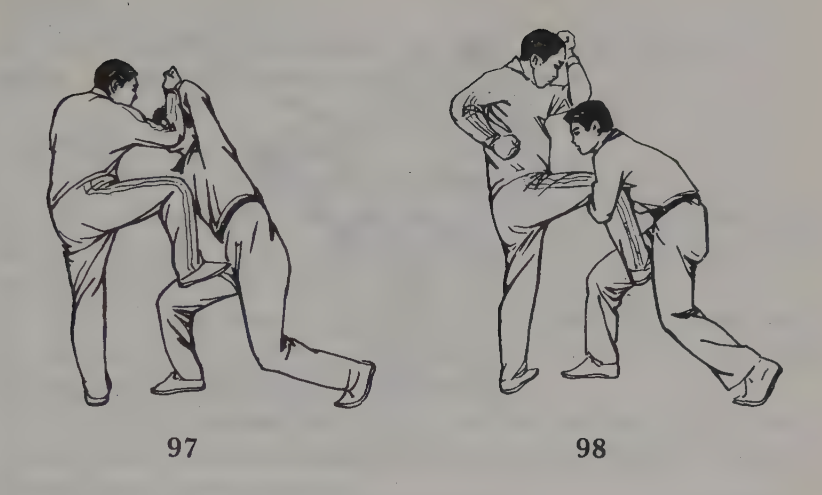
敵我相峙，敵取守勢，步步爲營，時以各類手法，試我應手。

圖97：

敵試我應手之法尙未回收，我即騰身進攻，上以肘擊敵面頰，下以腿勾擊敵擋。

圖98：

敵如纏抱，即以下落之勢，反扣拳擊敵百會穴，敵必鬆解纏抱。



97 98

35. THE GOLDEN DRAGON DRINKS

This is a frontal leaping leg-attack method aimed at the enemy's pudenda. The pudenda is closely related to the so-called "kidney water" in traditional Chinese medicine. Hence the name. The employment of this leg-attack method in actual combat is quite effective because you are taking a commanding position and can make a pincer attack by punching simultaneously at the key acupoint of *Baihui* at the top of the head. It is a leaping leg-attack method with few flaws and a high safety coefficient.

Fig. 96

Enemy is in defense and entrenches himself at every step. He tries to feel out your reaction with every kind of handwork.

Fig. 97

Before enemy withdraws his movement, I take off and charge forward with elbow hitting his face and leg hooking at his crotch.

Fig. 98

If enemy tries to clutch at me, punch at his *Baihui* with elbow by making use of falling potential energy. Enemy has to release grip.



99

圖99：

隨即將膝頂敵胃脘，擊穴摧倒。

動作要領：

1. 以脚前掌（或脚尖）擊敵。

2. 前冲勢能要强，肘擊、脚踢要協調一致，務使敵首尾不能相顧。

3. 身體下落時，要利用下落勢能扣擊敵頂，毫不遲疑。

4. 隨即將膝冲撞敵中路空擋，這一整套動作應連貫一氣。

實戰要點：

1. 敵試應手，攻擊良機。

敵試我應手，幷步步爲營。這類對手，不宜貿然使用高腿擊敵，但又不宜在遠距離用迫近法以長距離的腿擊法擊敵，否則，均易爲敵所乘，而敵處處設防，不隨便攻我，也是攻擊決心未下的表現，此類對手，防守上特別謹慎。因此，必須以拳法擾亂他的防守，以

Fig. 99

Butt immediately against enemy's *Weiwan* acupoint (the gastral cavity) with knee and make him tumble.

Essentials:

1. Hit the enemy with the sole or the tiptoe.
2. Charge forward with strength. The elbow attack and the kick should be in coordination so as to make the enemy unable to guard both points.
3. Unhesitatingly hit the top of the enemy's head with the elbow when you are dropping to the ground, so that the falling potential energy may be utilized.
4. Butt against the enemy's central part with your knee. All the above movements should be in quick succession to form a complete set of movements.

Key points in actual combat:

1. The best opportunity to attack is when the enemy is feeling out.

When dealing with enemies who try to feel you out and entrench at every step, it is inappropriate to rashly use the high-position leg-attack methods, neither is it appropriate to make a long-distance leg attack, because these involve movements that can be easily taken advantage of by the enemy. On the other hand, the entrenchment and cautiousness of the enemy show that he has not made up his mind to attack. Under such circumstances, you should disrupt his defense with fist attacks, distract his attention with quick and changing steps, and undermine his attack decision by constantly changing the distance between you and the enemy. The best opportunity to attack the enemy, therefore, is when he is feeling you out with quick fist and leg attacks. The Golden Dragon Drinks can be most effectively employed especially when the enemy is about to pull up his leg to attack or move forward.

2. Take off and get close.

This leg attack involves a forward leap and a sudden

步法靈活變通來分散他的注意力，以不斷變換敵我之間的距離來破壞他攻擊的決心，而對他實施攻擊的最好時機，即是敵方以輕快的拳法，腿法試我應手的這一時刻，特別是其正欲提腿進攻或前進時，我立即迫進起跳實施“金龍飲水”腿法，最爲有效。

2. 騰空近戰，本腿宗旨。

本腿法係採用騰空躍進突然迫近的辦法擊敵，是一個騰空、近戰的腿擊法。即用騰空躍進，從較遠距離追近後，突然出現敵前，實行近戰。因此强調一個“突然性”。而且，擊打部位係面頰及下陰要害。此外，本腿擊法具備了整個前進過程中對自己破綻的必要彌補，在騰空時，雙肘護上盤，而膝提起護中盤、下盤，在進擊時，也是利用兩手肘和兩膝及脚尖，利用身體躍進的極大冲力，和肘頂的腰勁擊發以及脚膝彎伸直的勾彈擊力，三力合一，擊打對方，使敵的面頰、下陰、百會、腹中上上下下，數穴受擊，飽受近戰的滋味。如此分析，可以看出，本腿法確是自己安全系數較高而攻擊力較强的腿擊法。

3. 上下連擊，貫串一氣。

對敵之面頰、陰部的擊打，以及頭頂百會穴，腹部胃脘的攻擊幾乎在同一時間內進行。而敵如以纏抱的辦法頑抗，在這連貫的擊打下，也是不得不鬆手的。而敵欲侵我以纏抱這正是近戰擊打的好機會。

4. 敵如退遁，放胆進擊。

此時敵如本能的後退，那麼其去向當不會很遠，可以大胆地利用前冲餘勢，迅速變換其它擊敵招數，狠狠擊打之。

5. 身體騰空，意識領先。

這是講一切騰空腿擊性的一條重要原則。在迅速前進，身體騰于空中時，眼睛始終要瞄准敵勢動態。進擊敵何處要穴，要有明確認識，在意識上就要管轄住敵的一切動態，方能臨機應變，佔得主動。

approach towards the enemy and is therefore described as a leaping as well as a close leg-attack method. In other words, approach the enemy from a distance by way of a forward leap and suddenly appear in front of him to engage in a close combat aiming at his face and pudenda. Such a leg attack is also helpful in making up for the possible loopholes that may appear in your forward movement. At the time of taking off, use both elbows to protect your upper part and the pulled-up knee to protect your middle and the lower parts. During the attack, your hands, elbows, knees and tiptoes are all at work and the three forces of the leaping forward, the elbow butting and the leg stretching and hooking combine into one to let the enemy taste what it is like to have the four acupoints of *Mianjia*, pudenda, *Baihui* and stomach pit under attack all at once. It is clear that this leg attack is not only powerful but also has a high safety coefficient.

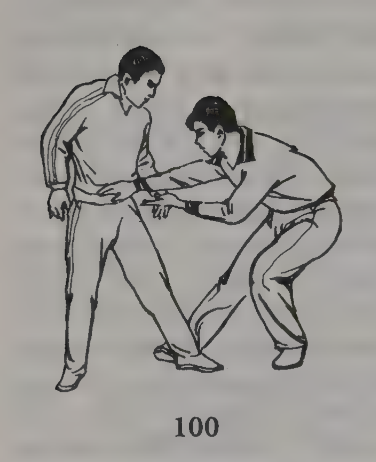
3. The attacks against the enemy's cheek, pudenda, crown and stomach pit take place almost simultaneously. Any resistance from the enemy by clutching would provide you with a good opportunity to launch a close fight and would not be successful.

4. Pursue bravely if the enemy retreats.

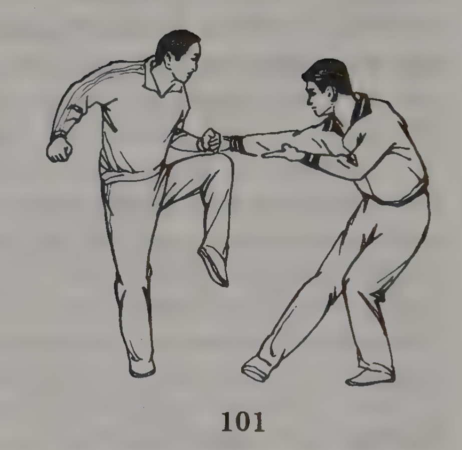
If the enemy retreats instinctively, be bold to utilize the remaining force of the forward leap and swiftly change to other methods to hit the enemy, because he cannot possibly have fled too far away.

5. Consciousness takes the command when up in the air.

This is an important principle for every leaping leg-attack method. As you advance quickly and leap up, you should constantly watch out for the enemy's movements and intentions and have a clear idea as to which key target point you are going to hit. Only when you spiritually overpower all the enemy's movements can you keep the initiative and act according to circumstances.



100



101

三十六、一字金槍

此腿法專取敵之咽喉要穴之上盤中路騰空側攻腿擊法，其動作時，身體于空中橫踹踢出，尤如一支突擊敵咽喉之金槍，故而獲得此名。此爲敵的腿法攻我下盤時的反擊腿擊法，迅烈異常，亦極奏效，爲實戰常用的騰空腿擊法之一。

圖100：

敵以勾抹之腿法擊我下盤，幷以掌擊我腹部。我以左勢待敵。

圖101：

我隨即提起左腿，避敵勾踢。

圖102：

上動不停，右脚隨即起跳，身軀騰空。幷在空中向左轉體，此時敵正好完成勾踢。

圖103：

緊承上式，我隨即將右腿側踹發出，以脚外緣後跟部擊敵頸部。



102



103

36. THE GOLDEN SPEAR STABS

This is a frontal leaping leg attack executed sideways against the key acupoint of the throat. It is so named because the horizontal kick at the enemy is like the stabbing of a spear. Being a counter-leg-attack method employed against the enemy's kick at the lower part of my body, it is quick, fierce and most effective in actual combat.

Fig. 100

I face enemy with left position. Enemy tries to hook at my lower part with his leg and hit my abdomen with his palm.

Fig. 101

I pull up left leg to evade enemy's hooking attack.

Fig. 102

With above movement still in motion, I leap up on right foot and turn to the left just after enemy has completed his hooking attack.

Fig. 103

Immediately following the above, I kick sideways with right leg and hit enemy's neck with outer edge of my heel.



104

圖104：

敵受擊後，即倒地。

動作要領：

1. 騰空起跳，出擊不一定要高，但要及時。

2. 横踹腿法，以脚後跟部的外緣擊敵，注意翻脚腕的動作正確性以免下地受傷。

3. 空中左轉體時，兩膝盡可能提高，護住胸口。

4. 踹腿要盡量放長，并帶爆發勁。

實戰要點：

1. 對敵動態，估計正確。

此腿法係在敵攻我下盤時使用，所以，對敵的動態、企圖和將出來之動作，要有充分的估計，一旦敵攻我下盤，即行起跳，毫不遲疑。只有正確的估計，才可能有正確的決心。因此，對敵動態所涉及的心理活動，敵之擅長，攻守特點、習慣動作，暴露破綻，進

Fig. 104

Enemy tumbles.

Essentials:

1. The kick should be made in time after leaping up, although the jump may not necessarily be very high.

2. When the horizontal kick is made, turn your ankle correctly to avoid injury when you drop to the ground.

3. Pull up the two knees as high as possible to protect your chest while the left turning of the body is completed up in the air.

4. Reach your leg as far out as possible and kick with an explosive force.

Key points in actual combat:

1. Correct judgement of the enemy's movement.

Since this leg-attack method is employed only when the enemy is attacking the lower part of your body, you must fully evaluate his intentions and movements in order to leap up unhesitatingly as soon as the enemy starts to kick. Correct decisions come from correct judgement of a situation. In order to make this leg attack successful, one must have a clear understanding, within the first few rounds of combat, of the enemy's movements, state of mind, strong and weak points, offensive and defensive tactics, habitual actions and loopholes.

2. Turn body in mid-air to create potential energy.

Your knees are pulled up in mid-air to protect the middle part of your body. The upper part is obviously not threatened for the time being, because the enemy is aiming at your lower part. The purpose of turning your body in mid-air after leaping up is to gain enough potential energy for the realization of a strong assaulting and explosive force in the kicking movement. The turning of the body, therefore, is of extreme importance in a successful execution of this leg attack against the enemy's throat.

3. Change strategem if the enemy leans back.

When the enemy is trying to hit your lower part, he cannot

退缺陷，在一交手的最初幾個回合便應摸清，以保証該腿法的實施成功。

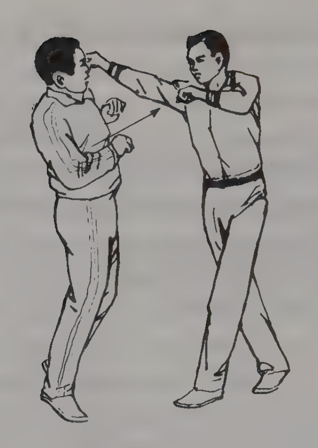
2.空中轉體，意在取勢。

空中兩膝提高，是爲了保護自己掩蔽中盤空擋，此時敵攻我下盤，我之上盤顯然暫不受威脅，而空中轉體，則是爲了取得起跳後，後腿出擊時，獲得充分的勢能，力求在擊中咽喉時，有極大的冲擊力和擊打爆發勁。所以說，空中之轉體是爲了取勢，這也點出了該動作之空中轉體的至關重要。

3.敵如後仰，立即變招。

敵攻我下盤，其身形必滯，在實戰中必定不能迅速地退出。所以，躲避我攻擊的最佳手段即是身形倒地或後仰，順勢捋化，以便牽引我腿，獲得轉機。其實，在實戰中，特別是在敵先行攻我下盤時，他很難做到此種形勢。在此列出該點是考慮到敵于危險之中可能出現的變化，即常說的“急中生智”。所以備考：敵如果捋引我腿，獲得成功，我必跌無疑。此時，應急以地趟腿擊法，將敵擊傷。一般敵牽引不會成功，而是我略被帶動而仍可以用下落之腿彈擊敵體。又如敵後閃倒地，以滾身法來捲我之腿，我應隨即再行跳起，以其它攻擊手段，擊敵于地面，以解破其地趟攻擊。

help being stagnant in his movements and is, therefore, not in a position to retreat quickly in actual combat. The best tactics for him to evade your attack is either to fall to the ground or lean backward and take advantage of the opportunity to clutch at your leg in order to turn the tables. While it is most unlikely for the enemy to create such a situation in actual combat, especially when he tries first to hit at your lower part, it is worthwhile to list, as reference, the counter-measures for such a situation that might appear when the enemy is in danger. If the enemy successfully clutches at your leg, you are bound to tumble. Therefore, you should quickly change to the tumbling leg-attack methods and try to injure him. Generally speaking, the enemy could only slightly pull at your leg and cannot successfully drag you down. You can therefore still make a spring attack against him with the leg that comes down to the ground first. In case the enemy dodges backward on to the ground and rolls his body against your leg, you must evade him and leap up once again to hit him with other methods.



105

三十七、金豹跳澗

此腿法專取敵心窩之騰空膝攻腿擊法。雙方對峙從一個較遠之戰鬥距離，看准敵之空擋。突擊近戰，形如凶狠毒辣的野豹，一跳過澗而命名。此爲實戰中常用的突擊近戰腿擊法之一。

圖105：

敵以拳攻我上盤，我側閃後避勢。

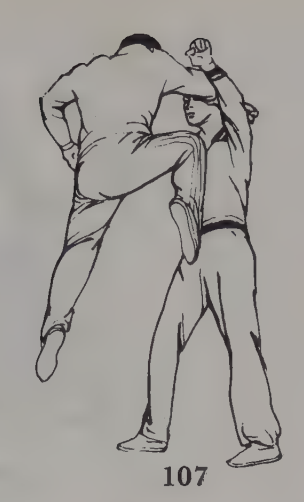
圖106：

上動不停，在閃空敵攻之後，隨即還擊敵以重拳，誘敵上防。

圖107：

敵上防我拳，我即飛身撲進，以膝頂撞敵心窩要穴。


106


107

37. THE GOLDEN LEOPARD LEAPS OVER THE GULLY

This is a leaping knee-attack method aimed at butting the enemy's stomach pit. Facing the enemy, the combatant charges forward from a long distance and engages in a sudden close combat just like a vicious and cruel wild leopard jumping over the gully. It is a sudden and close leg-attack method often used in actual combat.

Fig. 105

Enemy punches at my upper part. I dodge sideways and backward.

Fig. 106

With above movement still in motion, I give enemy heavy punches after evading his attack and try to lure him into protecting his upper part.

Fig. 107

As enemy tries to ward off my punches, I immediately jump forward and butt his stomach pit with knee.



108

圖108：

緊承上式，在身體下落的同時以肘擊敵頭。

圖109：

敵被擊側倒。

動作要領：

1. 後閃之身法，爲了避空敵勢，所以要大而當，即後閃要恰到好處。

2. 上攻敵拳要猛烈而連續，迫使敵迎守。

3. 飛身躍進，動作要迅速，協調。肘擊要自然而猛烈。

實戰要點：

1. 飛膝擊敵，貴在迅烈。

膝攻爲近戰之法，爲實戰中奪氣破勢的最激烈的勁法之一。有極大的殺傷力。然而，由于膝攻之戰鬥距離比較短，非貼身不能取敵，在進取時，本身有相當危險性和需要較高的技巧以及較豐實的



109

Fig. 108

Immediately following the above, I hit enemy's neck with elbow at the same time when I drop to ground.

Fig. 109

Enemy is hit and tumbles sideways.

Essentials:

1. The purpose of dodging backward is to weaken the enemy's momentum. The dodge must be substantial and proper.

2. The punches at the enemy's upper part must be heavy and continuous enough to force him into defense.

3. In jumping forward, the movements must be quick and in coordination. The elbow attack should be natural but fierce.

Key points in actual combat:

1. Be quick and violent in the knee attack.

Knee attack is a close fighting method and one of the most powerful and fierce skills that can shatter the enemy's momentum and inflict casualties on him. However, because knee attack can only be used within a short combat distance close to the enemy, which involves much danger for the attacker and

實戰經驗，有些人就不樂意使用。但是，正由于其動作難度之高，在自然門中對這一功法就專門作了系統的研究。膝攻之關鍵，如何安全地接近敵方，這是實行膝攻的先導。無法追近，那末，也必然無法實行膝攻。所以，在近戰膝攻時，除了看准破綻，掌握機會之外，首要的是以迅速激烈地攻擊來尋求追近。

2.誘敵上防，瞄准空擋。

敵上防中盤必暴露空擋，我之重拳猛擊上盤，應有一定的分寸，不宜太重，以遭致敵變化，敵一旦出現上防的企圖，即可扑進膝攻，這樣，膝蓋擊中敵空擋時，正好敵完全綻露空擋之時，方為合拍。

3.追近攻擊，避敵空淨。

要獲得完全的近迫作戰勢能，要將敵勢之攻擊，或以我之攻勢壓倒，或閃避于數拳之間的間隙。總之，空淨為要，方保近迫時的安全無虞。

requires a relatively high level of skill and rich experience in actual combat, some people tend to refrain from its application. The Natural School, on the contrary, has made a systematic study of knee attack methods just because they involve a high degree of difficulty. The key point or prerequisite in making a knee attack is to approach the enemy safely. It can be realized by means of a series of quick and violent attacks on the basis of a correct judgement of the situation and the timely seizure of the opportunity.

2. Aim at the enemy's weak point when he is lured to protect his upper part.

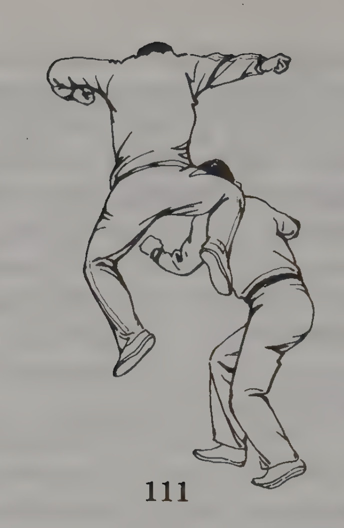
The enemy will unavoidably expose his weak points when he tries to protect his upper part. The heavy punch against his upper part must be appropriate so as not to cause him to change strategem. Rush toward the enemy as soon as he shows a clear intention to protect his upper part and make the knee attack just as the opening is completely exposed.

3. Evade the enemy's attacks in your approach.

In order to gain momentum for a close combat, either overwhelm the enemy with your attacks or dodge away from his punches. The principle is to remain untouched by the enemy when you approach him.



110



111

三十八、羅漢撞山

此腿法專取敵大臂“肩髃”、“極泉”二穴連線，致敵側倒之騰空膝攻腿擊法。爲攻擊組合中的輔助手段，但運用得法，往往可以一擊即令敵側向倒地。

圖110：

不論敵以何種動作攻我，我均閃避于敵攻我側的拳脚外側。

圖111：

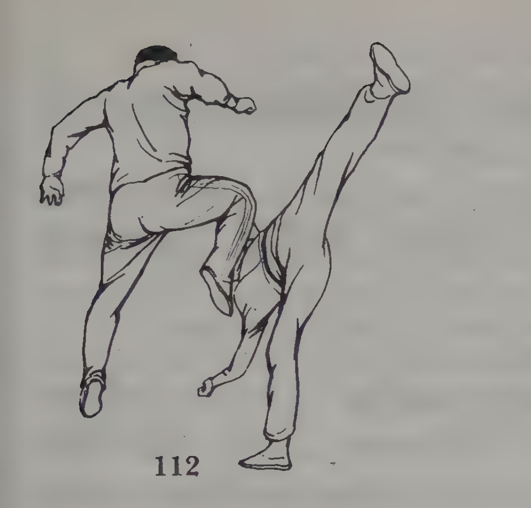
上動不停，隨即起跳，以左（右）膝上護，右（左）脚起飛，由下而斜上撞擊敵之“肩髃”、“極泉”二穴連線處。

圖112：

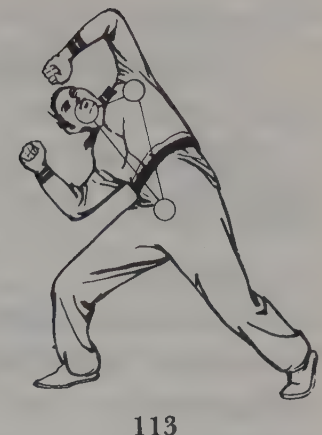
雙方形勢至此，功力稍弱的對手，必定翻跌。

圖113（示意圖）：

但功力較强之敵，雖不翻跌，却暴露出：上盤、中盤、下盤三路明顯之空擋，待我以變化痛擊之。



112



113

38. THE ARHAT BUMPS AGAINST THE HILL

This is a leaping knee-attack method aimed at hitting the line joining the two acupoints of *Jianyu* and *Jiquan* on the upper arm and tumbling him sideways. Being a supplementary movement in a series of combined attacks, it is often powerful enough, if properly applied, to bring the enemy down on his side with just one bump.

Fig. 110

I dodge to outside the range of enemy's attacking fist and foot irrespective of what method he is employing.

Fig. 111

With above movement still in motion, I leap up immediately with left (right) knee pulled up in protection of my middle part and right (left) knee springing upward and slantwise to hit the line joining the two acupoints of *Jianyu* and *Jiquan.*

Fig. 112

The less-skilled opponent would surely tumble up to this point.

Fig. 113 (schematic diagram)

動作要領：

1. 此腿法閃避與跳躍膝撞爲一整套的連續動作，以靈活的步法完成之。如僅以身法閃避，則避空不淨。

2. 避敵時，兩脚即富有彈性、身形下縮，由一個低姿，突然躍起成爲一個高姿，然後騰空，斜線直上，緊盯目標，近迫騰空撞敵。

實戰要點：

1. 膝攻取肩，意在側擊。

此膝擊法，用意在側取敵之肩部空擋，並非正取。這在實戰中是經常能夠遇到的一種情況，雙方的對擊，由于某一方面的閃避而形成側體相撞之勢。此時，如能不失時機地躍起施以膝攻，攻擊威力將會成倍增長，而獲得顯著的效果。

2. 施以擊肩，旨在變化。

以膝擊肩，有如下優點：⑴自己的各部空擋，均已自然彌補。⑵敵如未顯露空擋，但會由于我的攻擊肩部而暴露。⑶我身趨中心容易實施繼發攻擊。

Though the highly skilled enemy will not tumble, he cannot help exposing his weak points in all three parts of his body, so that I can inflict further blows on him.

Essentials:

1. The dodge, leap and bump are a set of movements in succession, completed with quick and dexterous steps. Dodging alone cannot completely evade the enemy's attack.

2. When the dodging is made, shrink your body to a low position and then, with a sudden spring, jump up to a high position in mid-air and bump against the enemy, with eyes fixed on the target.

Key points in actual combat:

1. Bump the shoulder sideways.

This is a sideway and not a frontal knee attack against the enemy's unprotected part around his shoulder. It often happens in actual combat that the two opponents face each other sideways ready to bump into each other as a result of the dodging by one of the two. If you can seize this opportunity and make the leaping knee attack, the bumping effect will be amazing.

2. Be flexible.

To hit the shoulder with the knee has the following advantages: the possible weak points in every part of your body can be naturally protected; the enemy will expose his weak points under your attack; and the central position makes it easy for you to mount further attacks.



114

三十九、撲鵬夾翅

此腿法專取敵面部下頦之騰空上盤膝攻腿擊法，因其在動作時，攻擊之勢，尤如大鵬撲食，姿態猛烈，故而得名。

圖114：

在實戰中，常會遇到有些訓練有素的武術家中擺以極低的姿態，作一姿式稱作“門戶”，待我去攻。

圖115：

我在適中戰鬥距離時，突然迫近，并提左（右）腿，護住自己中盤空擋而故意暴露下盤空擋。

圖116：

上動不停，立即右（左）脚起跳，直奔敵上盤空擋，利用急速前進的冲力和膝蓋爆發力攻敵下頦。



115



116

39. THE SWOOPING VULTURE FLAPS ITS WINGS

This is a leaping knee-attack method aimed at the lower cheek of the enemy with the fierceness of a vulture swooping down on its prey.

Fig. 114

Enemy, like some well-trained *Wushu* masters in actual combat, is now in an extremely low stance called "gateway" inviting combatant to attack.

Fig. 115

I approach enemy suddenly from medium combat distance and pull up left (right) knee in order to protect my middle part but purposefully expose my lower part.

Fig. 116

With above movement still in motion, I leap up immediately on right (left) foot, charge directly toward enemy's upper part and make use of forward thrusting and explosive force of knee to hit enemy's cheek.

動作要領：

1.雙膝相繼提起，護住胸口，起跳要高，攻膝要急。

2.此動作要帶有較大的前冲力，動作的氣勢要足，膝蓋的撞擊要帶有爆發力。

實戰要點：

1.低姿之敵，大胆出擊。

對于設姿較低，動作較遲緩，下桩穩固而極少出擊及變化之敵，可放胆使用該膝擊法。

2.准確狠毒，放膝攻入。

此腿擊的目標是臉部下頰部，一是要以極迅速的動作，准確地奔襲該部位，放膝攻入，主要是加長攻擊距離。所謂狠毒，即應準備好敵如閃避的連續拳、脚攻擊法。

3.翻身反擊，切實閃避。

低姿門戶往往帶有輪劈翻擊的各種手段，在大胆迫近作戰時，要注意敵之翻擊，不能驚慌失措，而後退閃避，這樣會加强敵反擊的勢能，應該在敵將翻未翻時，擊敵背部空擋。

Essentials:

1. Pull up one knee and then the other to protect your stomach pit. The leap must be high and the knee-attack quick.

2. The movement should produce a strong forward thrusting force and adequate momentum. The knee butting must have an explosive force.

Key points in actual combat:

1. Charge forward at the enemy with a low stance.

Make bold to employ this knee attack against enemies who keep low stances, are slow of movement, have steadfast legs but little combat initiative and few changes of movements.

2. Be ferocious and accurate and reach out the knee.

The target of this leg attack is the lower part of the cheek. So one must aim accurately at the target with quick movements. Reach out the knee in order to elongate the attack distance. One must be ferocious in the sense that he should be prepared to mount a series of fist and leg attacks if the enemy dodges.

3. Do not dodge if the enemy turns around to counterattack.

The enemy in a low "gateway" stance is often prepared with various methods of turning and sweeping counterattacks. In a close combat with the enemy, one should not be at a loss or dodge backward when the enemy turns around in a counterattack because this would help strengthen the enemy's momentum. Instead, one should hit at the enemy's back when he half turns.

第三節：組合腿法（25）

由二個或二個以上單個腿法結合在一起使用的腿擊動作，稱爲組合腿法。

組合腿法由於其靈活性、機動性較單個腿法大大增强，能應付一般複雜的局面，具有較多的變化和較强的攻擊能力，在散打實戰中有廣泛的應用。在少林金剛禪自然門的打法中，佔有極重要的地位。

組合腿法是單個腿法的發展；單個腿法是組合腿法的基礎，因此，在學習和運用組合腿法時，必須經過單個腿法的堅實訓練。否則，容易出現力點不準，勁力不足，過於浮漂，華而不實的弊病。

有鑒於組合腿法動作較多，變化繁複，爲了便於介紹和研究，我們將三個或三個以上的單個腿法之組合，稱之爲“複雜腿法”。

複雜腿法的各個組合，都是在散打中，隨着對手的變化而變化的有準備的機動反應，是武術前輩在實踐中,使用腿擊的經驗總結。這些固有的組合稱爲“成法”，它和拳法組合的“套子”一樣，在實戰中有很大的意義，常使對手防不勝防。爲了在激烈的攻防鬥擊中，時時取得主動，一定要熟練地掌握複雜腿法。

少林金剛禪自然門的“十二絕命腿”，和“地趟腿擊法”屬於複雜腿法，由於其是單獨的訓練系統，不包括在六十四腿之中，將另著介紹。

Part Three
The Composite Leg-Attack Methods (25)

The combination of two or more single leg-attack movements is called composite leg-attack method.

Because of the much increased mobility and flexibility in comparison with the single leg-attack methods, the composite leg-attack methods are more powerful and adaptable to complicated combat situations. They are extensively used in the free-style combat and occupy an important place in the combat art of the *Jingang-Chan* Natural School.

Composite leg-attack methods are developed from single leg-attack methods. Or in other words, single leg-attack methods are the basis for the composite leg-attack methods. The study and application of the composite leg-attack methods, therefore, must be based on a solid training of the single leg-attack methods. Otherwise the combatant could hardly make any successful, accurate and forceful composite leg attacks and his movements would tend to be flighty and superficial.

For the convenience of research and introducing the numerous complicated and changing movements of the composite leg-attack methods, we shall term the combinations of three or more than three single leg attacks "complicated leg-attack methods."

Every combination of single leg attacks in the complicated leg-attack methods is a ready and flexible reaction to possible changes of the enemy's strategems during the free-style combats and a summary of the experience of the older generations of *Wushu* masters. Like boxing or fist-attack combinations, such combinations or "formulas" are so forceful when applied in actual combats that the enemy can hardly succeed in his defense.

In order to gain initiative in a fierce combat, one must skillfully master the complicated leg-attack methods.

"The Twelve Fatal Leg-Attack Methods" and the leg-attack methods on the ground are complicated leg-attack methods. Since they constitute an independent system in the *Jingang-Chan* Natural School, they are not included in the 64 leg-attack methods and will be introduced in another book.



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四十、怒獅狂奔

此腿法爲連續使用膝攻，襲擊敵之胸、脇、肋、小腹、襠部之中盤腿擊法。因其動作連綿不斷，如獅獵物似的直往前扑而得名，爲連續膝攻擊要法。

圖117：

設敵以拳直攻我，我略後閃避僅用身法後仰身軀。敵繼續扑進。

40. THE ANGRY LION GALLOPS

This leg-attack method involves a series of continuous knee attacks aimed at the enemy's chest, side, ribs, lower abdomen and crotch. The continuous movements of the attacks resemble the jumping of a lion at its prey.

Fig. 117

Suppose enemy attacks with straight forward punches. I lean backward after slight dodging. Enemy keeps advancing.



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圖118：

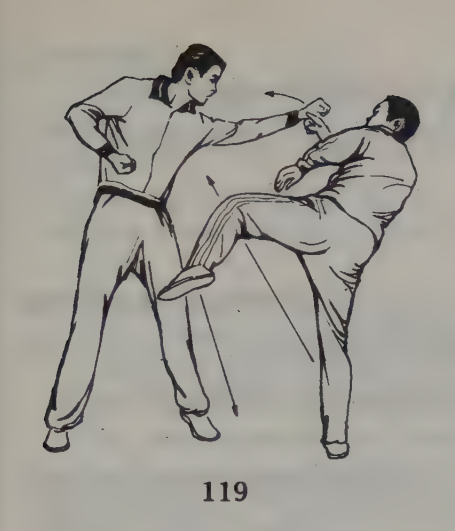
緊承上動，我隨着起左（右）膝撞敵右（左）肋，并以上拳回擊敵上盤。

圖119：

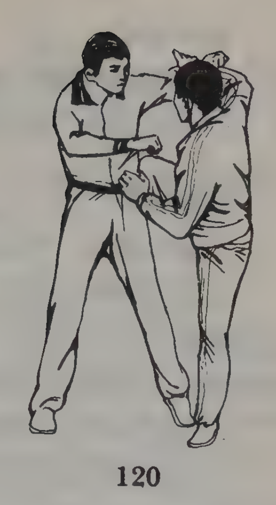
敵急閃身，避我之左（右）膝之撞擊，以擰轉之身軀，閃身左（右）進。

圖120：

緊承上動，我以拳擊敵面、急以右（左）膝再撞敵左（右）肋獲得成功。



119



120

Fig. 118

Immediately following the above, I pull up left (right) knee to hit enemy's right (left) ribs and then punch back at his upper part.

Fig. 119

Enemy hastily dodges away and turns to left (right).

Fig. 120

Immediately following the above, I punch at enemy's face and quickly bump right (left) knee against enemy's left (right) ribs. Enemy is hit.

動作要領：

1. 上身避敵同時，起膝撞擊，上拳也同時向敵面部擊出。

2. 兩膝交替，幾乎同時擊出，毫不遲疑，以防機會喪失。

實戰要點：

1. 引敵誘敵，方施膝擊。

一定要將敵引撲進來攻，我上盤作了有效的閃避之後，方可施行連續膝撞，引而不空、被敵擊中，也無膝攻可言了。反之，如不誘敵來攻，膝撞戰鬥距離較短，因此，也難以實施膝攻擊。

2. 連續膝撞，關鍵跳躍。

要獲得連擊膝撞的效果，必定要連續的躍起，以便取得膝撞的准確擊中，加大撞進的戰鬥距離，但上部的掩護，也是必不可少，否則，也可能自己先在上部受到攻擊而影響了連續的膝攻擊。

Essentials:

1. Make the knee attack while the upper body evades the enemy's punches. Hit at the same time the enemy's face with fist attacks.

2. Seize opportunity to charge forward unhesitatingly with two knees moving in quick succession.

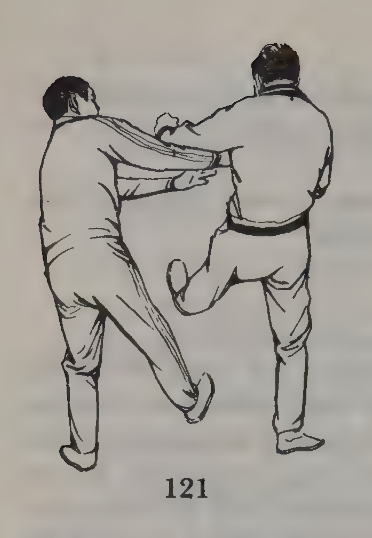
Key points in actual combat:

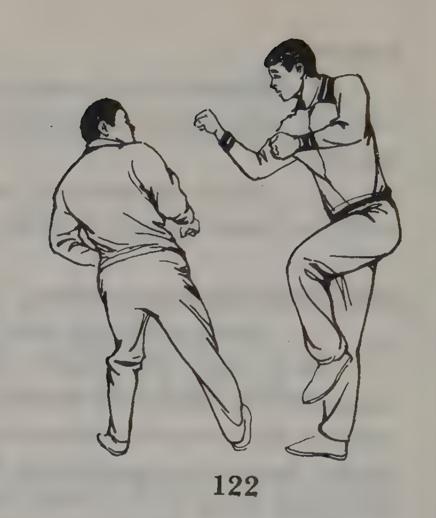
1. Make the attack after the enemy is provoked.

Only when the enemy is provoked and starts to charge forward and after you have dodged away effectively can you execute the successive knee attacks. Failure in the dodge or being hit by the enemy would make the knee attack impossible. But on the other hand, if the enemy is not provoked into attacking, it is also difficult to execute the attacks because they require a short combat distance.

2. The key to successive knee attacks is to bounce up.

Successive bounces are indispensible for the execution of successful and accurate knee attacks and for the elongation of the bumping distance. Necessary protection of the upper part, however, is also indispensible, or else the successive knee attacks would be impossible.


121


122

四十一、十字鏟腿

此腿法爲佯取崑崙，實襲攻心窩之組合腿法。其在動作進行之時，以一條單腿，連續完成二腿法，行進路線尤如一個十字。首腿勾擊，二復鏟擊，故名十字鏟腿。

實戰腿擊，要求快速攻入與招法簡捷，而此組合腿擊法，正具有這種勁力順達，招式流暢的特點。爲實戰中最爲常用的組合腿擊法之一。

此腿擊法在實際使用時，當我發出首動勾踢時，一般有如下幾種情況的變化：〔參閱圖121～125〕

⑴被勾踢而重心移動。〔圖121〕

⑵避勾踢略提腿，繼而撲攻我〔圖122〕

⑶避勾踢提高腿，欲尋其它變化〔圖123〕

⑷被勾踢完全未移動重心，桩功穩固。〔圖124〕



123 124

41. HOOKING AND SLIDING

This is a composite leg-attack method involving two consecutive movements of hooking and sliding by the same leg, traversing a cross-like route. This leg-attack aims at feintly hitting the *Kunlun* acupoint but taking his stomach pit by surprise.

Leg attacks employed in actual combat should have quick movements and simple forms. This composite leg attack is characteristic of its forcefulness and easy flow of movements and is most often employed in actual combat.

Under the first hooking attack, the enemy generally reacts in the following manners (Figs. 121-125):

a) Center of gravity is shifted when hooked (Fig. 121);

b) Slightly raises leg to evade the hook and then makes a counterattack (Fig. 122);

c) Raises leg high enough to get ready for further movements (Fig. 123);

d) Center of gravity is not shifted at all because of his highly skilled *Zhuanggong* (Fig. 124);



125

⑸在我勾踢時，徑以彈蹄腿反擊我上盤。〔圖125〕

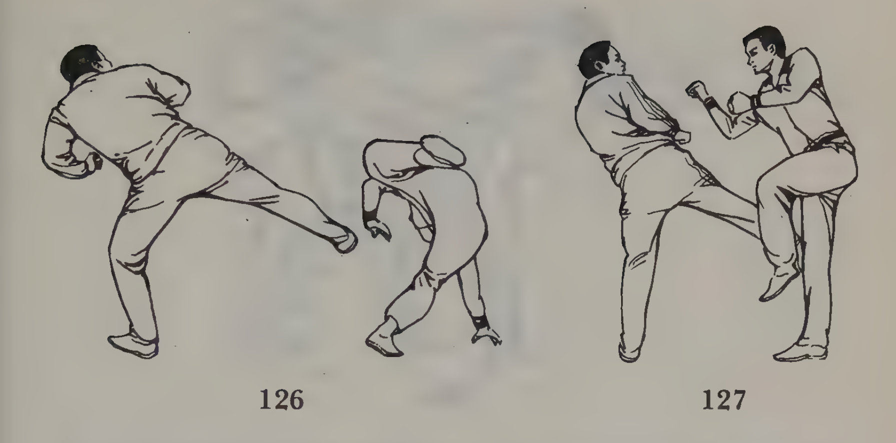
以下分別以圖解之：

圖126接圖125：

緊承上式，我在勾踢時，見敵彈蹄腿攻我，身即後閃，同時將腿鏟出，攻敵支撐之脚之膝部。

圖127接圖123：

敵因對我情況不明而不貿然襲來，提腿避擊，正中我計，仍可將攻擊之腿續攻其支撐之脚，敵必翻跌。



126 127

e) Makes a direct counterattack at my upper part with the Wild Horse Shoots Out Its Hoof (Fig. 125).

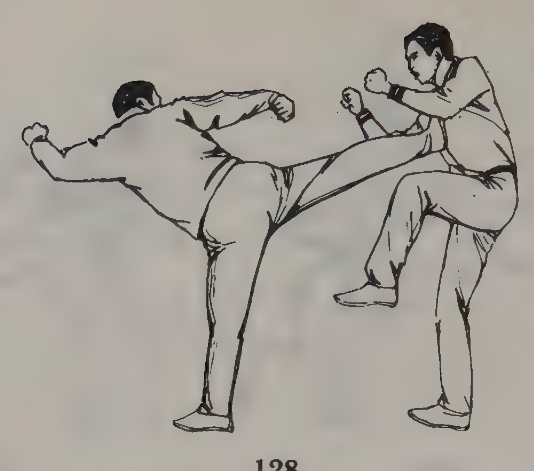
The second leg attack of sliding is conducted in the following ways:

Fig. 126 (after Fig. 125)

Immediately following the above, I dodge backward in face of enemy's "shooting hoof" and make a sliding attack against the knee of his pivoting leg.

Fig. 127 (after Fig. 123)

Enemy falls into trap by pulling up his leg to evade my hooking attack. He is not prepared to make a rash attack out of his uncertainties. I slide at his pivoting leg and he will surely tumble.

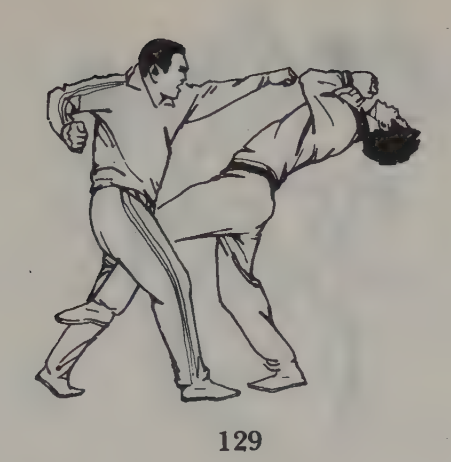


128

圖128－129接圖122：

〈圖128〉敵略提腿，繼而迅速撲來，是反應較快之敵的應招，我隨即起勾勢之腿，仍按初衷，横——直構成十字形，向敵心窩部擊發。

〈圖129〉敵被擊中後，必定立即失勢後倒。



129

Figs. 128-129 (after Fig. 122)

Fig. 128:Enemies quick of reaction would slightly raise legs and rapidly make subsequent counterattacks. I pull up hooking leg and strike, as planned, at enemy's stomach pit, traversing a cross-like route.

Fig. 129: Enemy when hit at once loses momentum and tumbles.

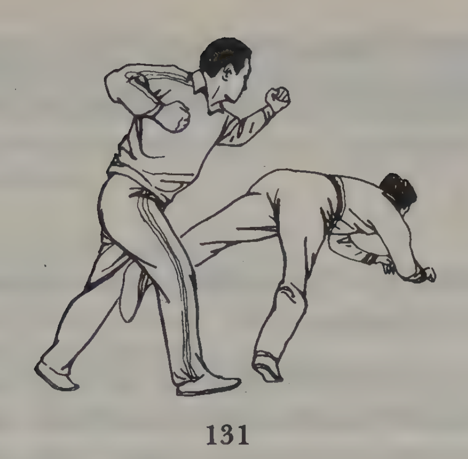


130

圖130－131接圖121：

〈圖130〉敵如重心移動，亦可徑直對其後腿施以鏟擊。敵必跪跌無疑。

〈圖131〉敵跪倒地，我乘勢反擊勢。



131

Figs. 130-131 (after Fig. 121)

Fig. 130: I slide directly at enemy's back leg if he has shifted weight on to it. Enemy cannot help but kneeling to the ground.

Fig. 131: Mount further attacks on him.

動作要領：

對敵實施該腿擊，關鍵在於動作聯貫，快速，簡捷，有力。在有堅實的單個腿擊法的基礎上，將勾踢與鏟腿，結合在一起，協調地動作。

實戰要點：

此腿法的實戰變化，已在前面具體地列出，僅在此補充兩點。

1. 勾擊佯攻，假也似眞。

勾擊爲佯攻，但不能過假，要逼眞，常有一定的力量和相當的威脅性，迫使對方被動或主動的反應，而爲我所乘。被動反應如：被勾動重心，被迫避閃我勾踢而提腿，轉移。主動反應即徑以腿攻我。反之，如敵對我的佯攻——勾踢毫無反應，而且重心穩固，桩功很好，則不能使用十字鏟腿的後半部份，而應立即變招，改用其它動作擊敵。

2. 首踢勁力，獲勝關鍵。

開始動作即是勾踢，是佯攻，但也是突攻，敵如反應確較遲緩，應有一脚即將敵勾倒的力量和勇氣，組合腿擊的第一腿十分重要，從戰略上說，這是佯攻，“假”的，主攻擊還在以後的腿擊。但從戰術上說，這一腿又是眞的，有相當的力量，該力量的大小取決於平時的鍛練。而且，在發揮勾踢的爆發勁時，不應用力過度，自己失去平衡而影響後面的繼發動作。

Essentials:

Continuity of the movements, speed, forthrightness and strength are points of essential importance for the application of this leg-attack method. Combine and coordinate hooking and sliding movements on the basis of a solid practice of the single leg-attack methods.

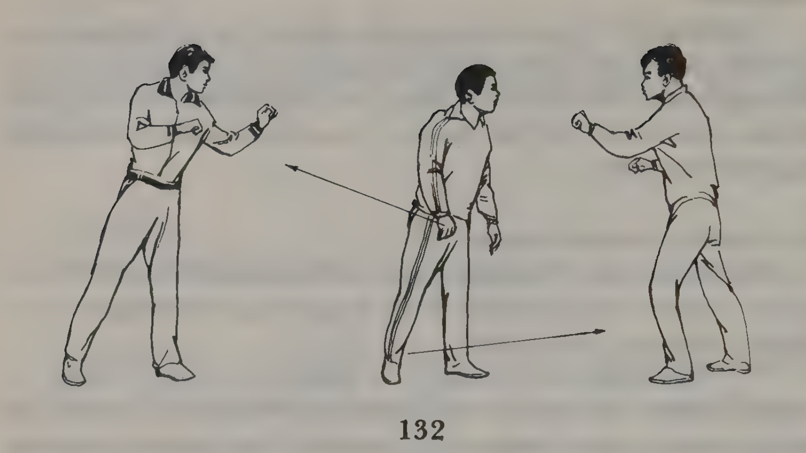
Key points in actual combat:

Variations in the employment of this leg-attack method in actual combat have already been specified in the above. Two further points are added here.

1. Although the hooking in essence is a feint attack, it should appear to be real and menacing enough to make the enemy react, either passively or actively. The passive reactions include the shifting of the center of gravity, the raising of the leg to evade the hooking and moving away; the active reaction is to mount a direct counter leg attack. In case the enemy remains unmoved under the feint attack of the hooking because he has good *Zhuanggong* and stable center of gravity, the second part of this composite leg attacks should not be executed. Change instead to other strategems to hit the enemy.

2. The hooking may also be a real attack.

The hooking is a feint attack as well as a real one. It should be powerful enough to hook the enemy down if he is slow of movement. As the first part of the composite leg attack, it is of primary importance in that, strategically speaking, it is a feint attack leading to a real one; but tactically speaking, it is also a real attack with considerable strength, the intensity of which depends on everyday training. Moreover, while trying to bring out the explosiveness of the hooking attack, do not over-exert your strength and lose your balance, or else you won't be able to complete the second part of the composite leg attack.



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四十二、雙龍擺尾

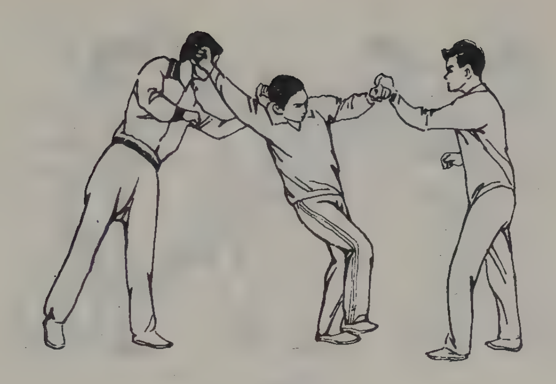
此腿法爲一人對擊二人時使用的一個常用腿擊法，因其動作時，以腰爲橫軸，前後各發一腿，以單腿聯貫完成，非常形象而命名。

圖132：

設敵前後襲來，我處於中間，腹背受敵的危險境地。

圖133：

我即轉體側身，候敵於較遠戰斗距離漸至中戰斗距離，前敵以拳襲我，後敵繼續迫近。



133

42. TWO DRAGONS SWING THEIR TAILS

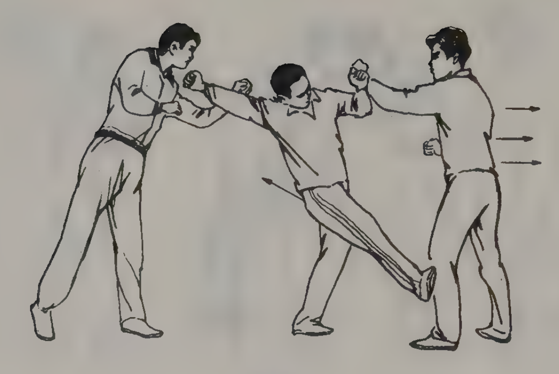
This is a leg-attack method often used by one combatant against two enemies. The combatant makes a forward and backward kick with the same leg in succession, with the waist acting as an axis.

Fig. 132

The combatant is in the dangerous position of being attacked from both the front and rear.

Fig. 133

I turn sideways. Enemy in front punches at me; enemy in rear is approaching from a relatively long distance to a medium distance.



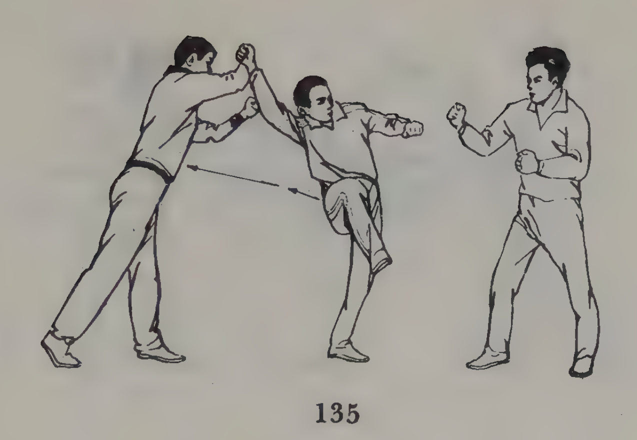
134

圖134：

我猛然對前敵施以短腿，同時用後甩拳，向後敵面部猛扣。

圖135：

緊承上式，前敵受我短腿，負痛避却，後敵以臂上格擋解我扣擊。



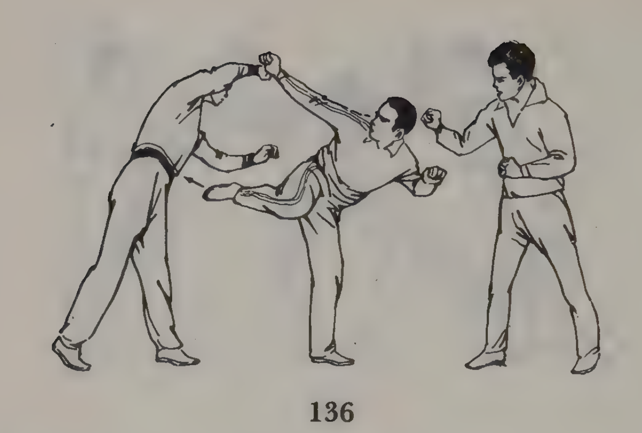
135

Fig. 134

I give front enemy a sudden short leg attack and swing back fist to hit rear enemy's face.

Fig. 135

Immediately following the above, front enemy retreats with pain; rear enemy raises arm to ward off my punch.



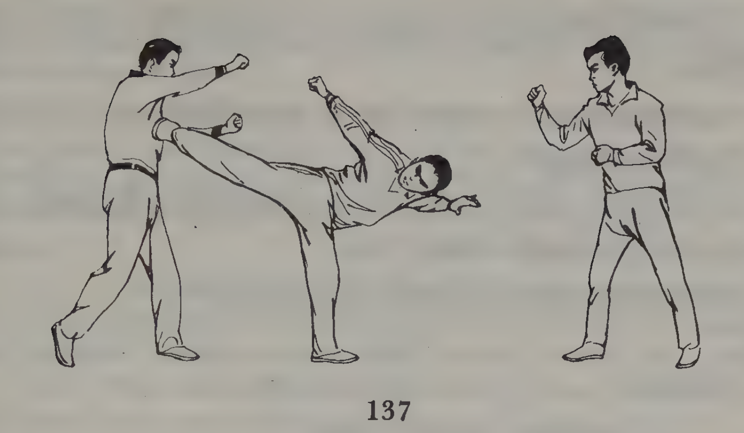
136

圖136：

上動不停，我隨即縮身收腿，以腰爲橫軸，帶動身軀，利用短腿回收的慣性和上身經後仰勾後的豎起之勢能，仍用擊發之腿，向身後提起，脚掌對敵。

圖137：

上動不停，隨即將腿從身後向敵由於上格之時所暴露的空檔襲擊，敵勢正向前，必中心窩而受重創。



137

Fig. 136

With above movement still in motion, I shrink body and draw back leg, and with waist acting as an axis and motivating force for body movement and making use of potential force created in drawing back leg and moving torso upward from leaning position, I pull up same leg and let sole of my foot face rear enemy.

Fig. 137

With above movement still in motion, I immediately hit stomach pit of rear enemy who is trying to ward off my punch. Since rear enemy is in forward movement, there is no doubt that he will be severely injured.

動作要領

1. 出擊短腿和後扣拳要求身腰放長。對前後兩敵，均保持中型戰鬥距離。

2. 以擊前敵爲主，以後襲爲輔，故迎面短腿務必准確，致敵傷後，方能有效實施後擊。

3. 以眼爲軸，要充份利用一仰一俯之慣性和腰的擺動勢能，無論如何動作眼睛應始終不離敵之空檔。

4. 動作連貫，兩腿均需發實，而不應是虛招。

實戰要點

1. "短見長不用慌，一見二不着忙"。

這句拳譜的粗略含義就是要求我們在遇到數面之敵時，應該鎮靜，不慌張。具體的詳細含義，留待今後解析。所謂的不着慌，即是不要手足無措。對於腹背受敵的危險境處，要求我們在動作時更干脆，爆發力更足，動作更猛，全身更協調地去完成動作。換句話說，要心狠手辣，毫不留情。當然，這只有在掌握了技術，充份信任自己的動作，掌握時機，充份發揮。這時，才有可能得到內心的鎮靜，即所謂"藝高胆大"。

2. 前踢後扣　舒展在腰

要同時向前後之敵攻擊，而且要達到足夠的攻擊長度，這就依靠腰的力量，向後仰身後扣拳，這對後敵來說是一個突如其來的動作，故即使不受擊，亦受"驚"，思緒被擾亂，但是，重點在於前面之敵，短腿在出擊之前是比較蔭蔽，而且，一旦出擊，也容易被擊中。所以，先用狠辣有效的腿法，解決前敵，務必使敵的脚脛指受重創而後退。再迅速擊打正在扑我而進的後敵。

3. 目光視定　虛實分清

在一戰多人的情況下，嚴厲而迅速的目光，也是一種制敵的力

Essentials:

1. Relax the torso and waist in your short leg attack and the backward punch. Keep within a medium combat distance with both enemies.

2. Treat the front enemy as the principal target and the rear enemy the secondary. The frontal short leg attack must, therefore, be accurate so that you can effectively apply the second attack against the rear enemy after injuring the first target.

3. The waist serves as an axis in the movements. Make full use of the potential force of the backward and forward swinging of the torso, with eyes always fixed on the enemy under attack.

4. The two coherent leg attacks should be real and forceful. They are not feint movements.

Key points in actual combat:

1. "Short against long, no flurry; one against two, no hurry."

The rough meaning of this boxing maxim is that one should remain cool and calm when he confronts enemies on several sides. The concrete meaning of this maxim will be explained elsewhere. "No hurry" tells us not to be at a loss in the dangerous situation of being attacked both from front and rear. Instead, one should act more resolutely and fiercely with greater explosive force and better coordination of the entire body. In other words, one must be cruel, ferocious and merciless. Calmness can only be achieved by a combatant who has mastered the skills, who can take his time and who has full confidence in his movements. This is meant by the saying: "Boldness of execution stems from superb skill."

2. Kick and punch with waist relaxed.

One must rely on the strength of the waist to increase the combat distance and hit both enemies in front and rear. The backward leaning and punch with the knuckles is a sudden movement that will at least "frighten", if not hit, the rear enemy and confuse him. But the major target is the enemy in front. The

量，這是一種精神的力量。這種目光，不是恐懼、驚嚇、哀憐、乞求的神態，而是鎮定自若，內含殺機，迅即閃忽，虛實莫測的眼光，也是一種拼死一決，勇不可擋的目光。這種眼神，將使敵權衡自己的利弊，是否值得同一隻“困獸”作垂死搏殺。如此，眼神之目的就達到了。當然，從策略的角度，我們不排除以其它性質的眼神來誘敵上當而被我所乘。但是，威儀則爲基本的實戰目光。在這個動作中，正目視前敵，餘光視後敵，虛實是這樣安排。也不以正目視後敵，餘光視前敵，當實施短腿時，突然反目視之，以助擊打的效果。在目光的使用上，還應該迅即閃忽，以敏閱的目力，誘入敵之“心窩”，使敵明瞭，我對他們是瞭如指掌。同時，以正目盯定敵眼，以虛光和意識相配合，“罩定”我欲攻擊的要害。這樣，敵就不易發覺我之企圖。這就是“視上擊下，盯左擊右”之術。總之目光能“殺”人，也能“誘騙”人，令敵上當，爲我所乘。反之，我也應時時體察敵之心理狀態，不要爲其眼目所誘惑，在一人擊數的對壘中應將眼神視爲重要的搏擊武器。經驗豐富的搏擊專家的眼光是深邃莫測的，而較少實踐經驗的人，在實戰時，眼光往往比較誠實。

short leg attack can be easily concealed before it is made and, once made, it easily gets at the enemy. So the procedure should be: kick the front enemy ferociously and make sure to seriously injure his shin bone and force him to retreat before a swift attack is made against the approaching rear enemy.

3. Eyes that will kill.

In a combat of one against many, stern and sharp eye expression reflects a mental power on the part of the combatant that can overwhelm the enemies. Such eye expression does not show fear, shock, pity or appeal. It is a glistening and unpredictable eye expression of calmness and malice, showing invincibility and the determination to fight the battle out. Such expressions in the eye would force the enemy to evaluate his strong and weak points and decide whether it is worthwhile to engage in a life-and-death combat with a "beast at bay." While, tactically speaking, other eye expressions may be used to deceive and trap the enemy, the fundamental eye expression in actual combat should be impressive. In this leg attack, one may either set his eyes on the front enemy with the remaining eyesight on the rear enemy, or vice versa. If he sets his eyes on the rear enemy, the sudden shift of his eyes on the front enemy when the short leg-attack is released will add to the effect of the attack.

The glistening eye expression should be sharp enough to pierce into the heart of the enemy and make him understand that you can read his mind. Moreover, it is difficult for the enemy to discover your intentions if you look directly into his eyes but at the same time use the remaining eyesight to consciously "cover" the vital parts you intend to hit. This is the skill to "look up but hit below; stare left but attack right." To sum up, one must learn how to use eye expressions that could "kill," deceive and trap. On the other hand, one must also analyse the enemy's mental status and try not to be taken in by his eye expressions. In a confrontation with several enemies, the expression in your eyes should be treated as an important weapon. In actual combat experienced pugilists have deep and unpredictable eye expressions. But the eye expression of inexperienced pugilists is often honest.



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四十三、羊角鏟腿

此腿法是先防禦而後反擊的專取敵下盤支撐脚的腿擊法，是以腿破腿的組合腿法。此腿法是在“犀牛別角”上發展起來的，專事應付對方凌厲的中盤攻勢，並立即進行反擊的有效措施。犀牛別角以膝防禦成功之後，將會有許多機動的變化，隨即實行鏟擊是其一。

圖138接圖49：

上動不停，隨即進鏟，攻擊敵支撐之脚。

圖139：

敵必受鏟而扑跌。



139

43. THE GOAT GORES

This is a composite leg-attack method involving, first, an act of defense, and then, an attack, aimed at kicking the enemy's pivoting leg. Developed on the basis of the Rhinoceros Butts, it is employed as an effective and swift counter-measure against the enemy's fierce leg-attack at your middle part. There are many flexible variations of the movements after the successful knee defense in the Rhinoceros Butts and the sliding kick in the present leg-attack method is one of them.

Fig. 138 (after Fig. 49)

With above movement still in motion, I immediately make a sliding kick at enemy's pivoting leg.

Fig. 139

Enemy tumbles.

動作要領

犀牛別角的要領完全適用，但在使用該腿法時，鏟應該有一個意識上的聯貫性，以求鏟腿的及時和准確。

實戰要點

1. 犀牛別角　防敵上盤

膝防禦中盤、擋住敵進猛襲來的毒蛇吐信和黃蟒擺尾的腿擊。同時，也應密切注視緊接而來的敵之上盤攻勢。因此，實行鏟腿擊敵上體後仰閃避正是符合這一戰鬥狀態的。該腿擊法要求將犀牛別角和鏟擊銜接。熟練程度，二個動作尤如一個動作，在敵方攻我之腿尚未回收之際，我腿擊已猝發，令其防不勝防。敵支撐脚是下盤的致命空檔，攻擊該處極爲不易，時機瞬現即逝，當犀牛別角獲得成功，迫近之後，這樣的機會就來臨。爲了能在下盤取得有效的優勢，對於敵相繼攻我的上盤擊打，必須有充份估計，如先被敵擊中，該動作就會受影响。但是實戰中萬一被敵在上盤首先擊中，只要敵下盤空檔尚未彌補前，仍可攻擊，完成初衷，以挽回敗局。

2. 鏟擊長空　變招近戰

實戰時往往會遇到意外，經常實踐的搏擊家，遭遇的意外，積累成了經驗。該腿擊實施時中、上盤避空了敵攻，但我之鏟擊也由於敵身體的前進而落空。這時，就立即進入了短兵相接的近戰狀況，對此應有充分的思想估計和技術准備，以防失利。

Essentials:

Apart from the essentials described in the Rhinoceros Butts, one must also bear in mind the importance of coordinated movements in order to execute a timely and accurate attack.

Key points in actual combat:

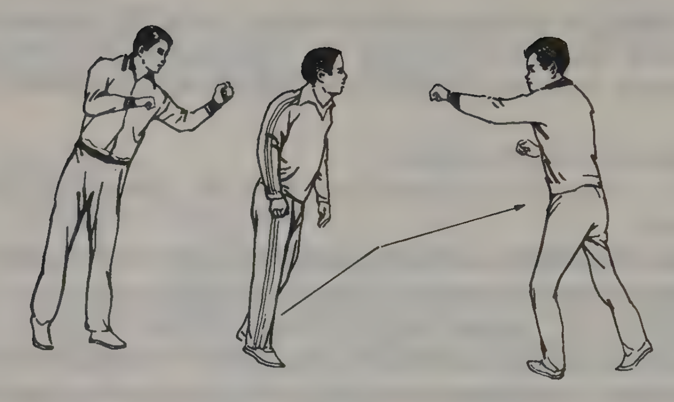
1. Protect your upper part when the Rhinoceros Butts is executed.

At the same time when you defend your middle part with the knee against the enemy's fierce leg attacks such as the Viper Shoots Out Its Tongue and the Yellow Python Swings Its Tail, you should closely watch out for the enemy's subsequent attacks made against your upper part. The sliding kick in the Goat Gores made with the torso leaning backward is in line with the above principle and must be so closely connected with the Rhinoceros Butts that the two look like one movement and so sudden that the enemy does not have time to draw back his attacking leg and protect himself. The enemy's pivoting leg is his fatal weak point and is therefore extremely difficult to aim at because such an opening which is exposed as soon as the Rhinoceros Butts is completed would disappear in a wink.

On the other hand, one should be fully prepared for the enemy's attacks against one's own upper part, so that if by any chance one's upper part is hit by the enemy, he could still have the tables turned by making a sliding attack, as planned, against the enemy's fatal points in the lower part of his body.

2. Prepare for a close fight in case the attack fails.

Experienced pugilists often draw necessary lessons from accidents. You may succeed in evading the enemy's attacks against the upper and middle parts of your body, but you may also accidentally miss your own sliding attack because the enemy quickly moves forward. As a result, you may enter into a close combat with the enemy. One should be fully prepared both mentally and technically for such a situation in order to prevent any setbacks.



140

四十四、獅捕雙豹

此腿法爲一人對擊二人的腿擊法。是擊對付前後兩人對我夾擊時使用。它和雙龍擺尾的不同之處，就在於動作時，可不作側身的調度，而直接踢前擊後，完成動作。

圖140：

設敵前後二人，對我施以攻擊我與敵保持中、遠型戰鬥距離。

圖141（參考圖20、21、22）：

我以極敏捷之動作，對正面之敵施以毒蛇串腹腿擊法。因我之前進，與後敵之距離，瞬時拉遠。



141

44. THE LION SPRINGS ON TWO LEOPARDS

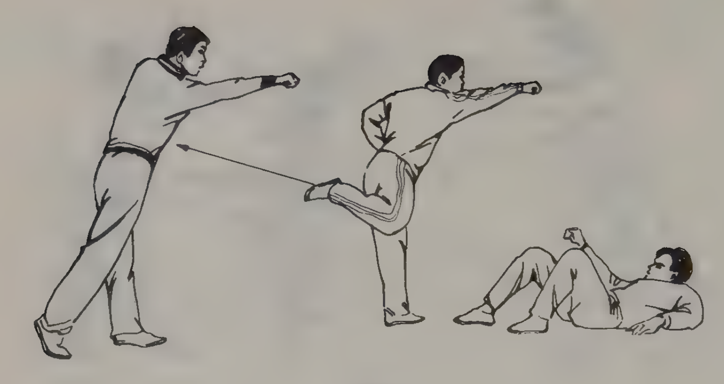
This is a leg-attack method aimed at two enemies, one in front and the other in rear. It differs from Two Dragons Swing Their Tails in that the forward and backward kicks are made without turning the body.

Fig. 140

I am under attack from both front and rear. A long combat distance is maintained with front enemy and a medium distance with rear enemy.

Fig. 141 (refer Figs. 20, 21, 22)

I hit front enemy in swift movement using the Viper Lunges at the Belly. Distance from rear enemy is instantly enlarged because of my forward movement.



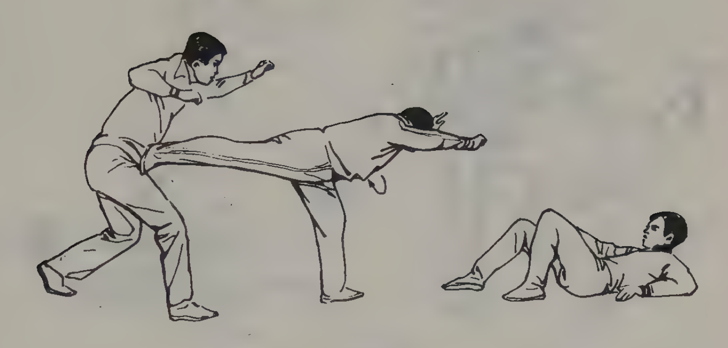
142

圖142：

上動不停，隨即起發與腿擊同側之拳，拳擊敵方面部摧倒，同時，攻擊之腿已收回。此時，另一敵已從後面迅速襲近。

圖143：

上動不停，仍以收腿出拳之餘勢向後猛踢後敵之襠。



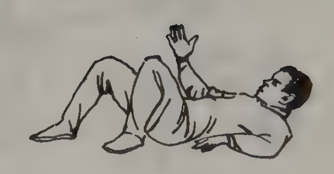
143

Fig. 142

With above movement still in motion, I use fist on the same side of attacking leg to hit enemy's face and bring him to ground. Simultaneously, my attacking leg is drawn back. Rear enemy rapidly approaches.

Fig. 143

With above movement still in motion, I kick back with force at rear enemy's crotch making use of potential energy created by drawing back leg and thrusting fist.

144a

圖144a：

敵受擊必倒，我隨即已准備施以擒拿術。准備擒敵。

動作要領

1. 以突然扑進之勢，攻擊前敵，出拳踢腿，務必要輕靈而狠煞。

2. 擊後敵之蹬腿，務必借力於收腿、出拳、俯身的慣性，而全身協調動作。

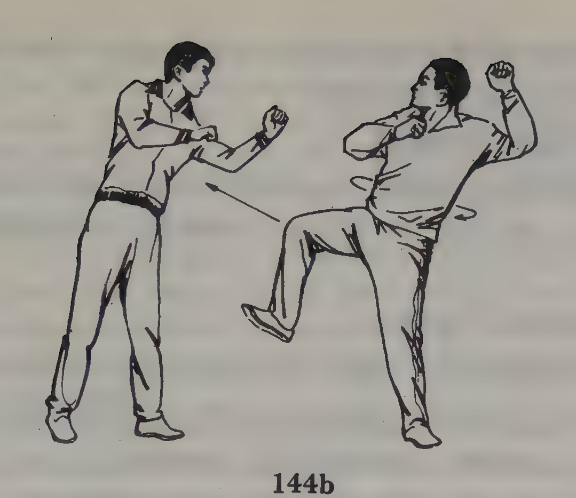
3. 前擊腿法的要領參考“毒蛇串腹”，後擊腿則要求不低於敵方的襠部，以免落空，擊出時，眼睛須跟住腿。

實戰要點

1. 毒蛇串腹　簡捷有效

解決二人同時襲來腹背受敵困擾，動作要求愈簡單、愈迅捷，立見收效愈好。毒蛇串腹使用時，爲了閃避後敵迅至的燃眉之急。以突然踢進擊前敵之法，旣暫避了後面攻來的威脅，又以這猝發的前進勢能獲得迅即擊前敵的勢態勁能，一擧而獲兩敵。

2. 前敵後遁　猛擊後敵



144b

Fig. 144a

Enemy will surely tumble. Then get prepared to use capture skills to catch enemy.

Essentials:

1. In the sudden spring and the leg and fist attacks against the front enemy, one should be swift in movement and ferocious in action.

2. The tread on the rear enemy must be completed with the help of the coordinated movement of the entire body and the inertia brought about by drawing back the leg, reaching out the fist and bending the torso forward.

3. For essentials of the forward kick, refer to the Viper Lunges at the Belly; the backward tread should fall on the part not lower than the enemy's crotch in order to avoid any failure. The eyes should follow the leg when the kick and tread are made.

Key points in actual combat:

1. The method of the Viper Lunges at the Belly is simple and effective.

To extricate oneself from the difficult position of being

如前敵逃避打擊，迅速脫逃，以前法後遁，我對後面襲來之敵，照踢不誤，並力爭踢中踢倒。

3. 前敵騰挪　我即轉移

如前敵藝高，反應較快，迅以身法閃過我攻之腿，隨即騰挪反而前進取我，此時後敵又迅速冲來，我即變招，以步法橫串轉移爲要。

4. 眼神調度　盯前擊後

如以眼神逼視前敵，前敵一時不敢貿然攻我，而後敵却趁我注意前面之機，迅速迫近，急急攻來時，我即以突然轉體180度之旋扭動作，以正面擊敵勢，先擊後面之敵，繼而擊前面之敵。這樣，極易得手，危象頓解，唯要求必須諳熟此腿的轉身擊法配合以身法，步法，以極協調的動作完成之。（如圖144b）

attacked from both front and rear, one must act as simply, quickly and effectively as possible. In the employment of the Viper Lunges at the Belly, the sudden spring forward has the double functions of aleviating the urgency of being approached by the rear enemy on the one hand and gaining the momentum to attack the front enemy on the other.

2. Hit the rear enemy if the front enemy flees.

If the front enemy rapidly flees away, tread on the rear enemy as planned and make sure to bring him down.

3. Change strategem if the front enemy is shuffling to make a counterattack.

If the front enemy is highly skilled and dodges away from your attack in quick reaction, shuffling to make a counterattack, and the rear enemy comes up at the same time, you must change strategem and move aside.

4. With eyes on one, attack the other.

Under your sharp and stern gaze, the front enemy does not dare to make a rash attack. Just as the rear enemy takes the opportunity to rapidly come up and tries to get at you, you suddenly turn 180 degrees to face the rear enemy and attack him first. Such a surprise attack is easy of success and can immediately aleviate the dangerous situation. What is required here is a skilled turning of the body and the coordination of the bodywork and stepwork. See Fig. 144b.



145a

四十五、將軍掛靴

此腿法爲一人對二人同時於正面攻我時所使用的腿擊法。在實際搏鬥時，敵方二人，同時從正面呈 45° 角之形勢，逐漸逼近，這是需要認眞對付的。“將軍掛靴”就是提供了“一對二”的技擊方法中的一個有效手段。

圖145 a：

設敵二人從正面向我襲來。而且同時進逼、沒有先後、似無懈可擊。敵我關係猶如一個等腰三角形。

圖145 b：

我即向左（右）橫移一步，改變上述的等腰三角形的關系。從示意圖已可以看出，敵我三人之間的距離關系已有明顯的改變。已由受二敵威脅轉移到暫時只受一人的攻擊狀態。



145b

45. THE GENERAL ELEGANTLY MOUNTS

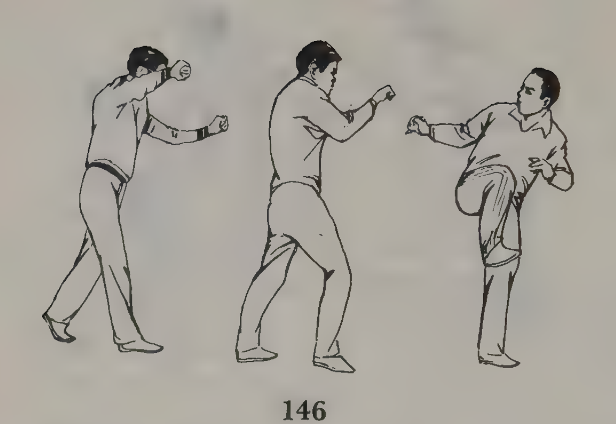
This is a leg-attack method aimed at two enemies who are both engaged in a frontal assault. In actual combat, the two enemies, both facing the combatant in a 45 degree angle, approach simultaneously, creating a situation that should be seriously tackled. The General Elegantly Mounts is one of the effective methods used by one against two in such a situation.

Fig. 145a

Two enemies simultaneously start their frontal attacks in seemingly impeccable situation of an isosceles triangle.

Fig. 145b

Change above situation by stepping to the left (right) and it is clear from schematic drawings that my distances from the two enemies no longer equal. For the time being I am under attack only from one enemy.



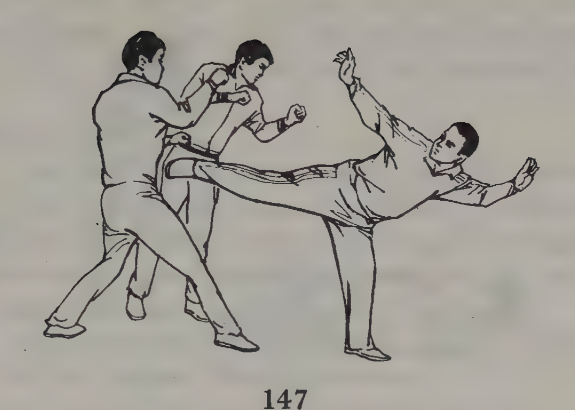
146

圖146：

上動不停，隨即趁橫移之勢、起右(左)腿攻入就近一敵。

圖147：

擊中就近一敵，另一敵正衝擊而來。



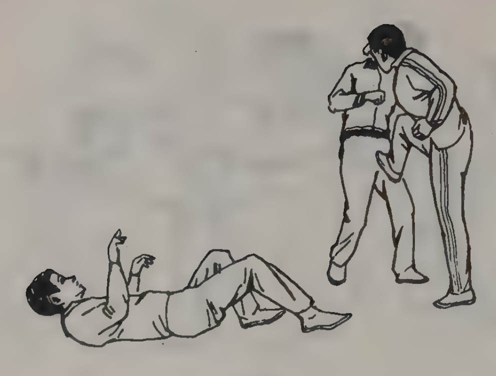
147

Fig. 146

With above movement still in motion, I take opportunity of stepping to left and raising right (left) leg to attack closer enemy.

Fig. 147

Closer enemy is hit. The other enemy dashes forward.



148

圖148：

一敵已倒，另一敵又至、我之腿已收，但尚未落地，緊急間隨即又踢出，敵應聲倒。

動作要領

1. 此動作爲同一條腿、連續向二個敵人相繼連擊踢出兩腿。因此，要求兩腿擊銜接緊湊。並充份運用身法，從而在腿擊時，保持重心，使腿擊又飄、又重、又長、又準。

2. 第一腿踢出時，使用脚後跟。但應注意將脚掌外緣翻轉蹬出，這樣蹬踢時有衝擊力。

3. 爲了有效地踢擊隨後的一腿，應將腿收攏，靠胸，以便具有彈性地踢出第二腿。第二腿使用的是等脚掌擊敵。

4. 向旁邊移開一步同起腿擊敵應該非常協調，猶如一個動作，天衣無縫，而不能分開成兩個動作，否則就爲時過晚。

實戰要點

Fig. 148

At the time when first enemy tumbles and second comes up, I have already pulled back leg but have not dropped it to ground. Kick out again at second enemy to make him tumble.

Essentials:

1. This leg-attack method requires that the combatant use the same leg to make two consecutive kicks. The two kicks must therefore be closely linked. Make full use of the bodywork to keep the center of gravity stable and make the leg attacks fierce, accurate, extended and unpredictable.
2. Kick with the heel in the first attack. Turn the outer edge of the sole to add to the momentum.
3. Kick with the sole in the second attack. To make the second kick more effective, withdraw your leg close to the chest for the execution of a spring attack.
4. The step aside and the pulling up of the leg should be coordinated like one movement, or else you might miss the target.

Key points in actual combat:

1. Evaluate the situation before you make a tactical move.

In a combat of one against two, it is of primary importance to evaluate the situation and predict its possible variations. Facing two enemies who are content to be in a superior position of two against one, you should make a sudden tactical move with quick and resolute steps after a correct evaluation of the situation. Such a move, which brings the combatant neither too far away from nor too close to the enemies, can only be realized on the basis of a thorough training and a rich fighting experience. A proper distance must be maintained because, otherwise, one might be hit first by the enemy who is charging with considerable speed. A correct evaluation of the situation and a proper movement are therefore the key points.

2. Accurate and ferocious.

1. 審局度勢　戰術轉移

一人對二人的搏擊術，首要的是審局度勢，預見到局勢有可能的變化，敵二人之同時對我進逼，自以爲得計，在經過正確的審度局勢之後，以迅速果斷的步法，實行戰術轉移，這樣的動作，依賴事實的實戰經驗和堅實基本功力爲基礎。在作戰術轉移時要求不多不少、不遠不近、不能跌退過遠、也不能轉移過近。此時，敵也正以相當速度衝來，如距離控制不妥，就有可能被敵先行擊中。所以說、審度局勢要準，轉移距離要妥。

2. 兩腿聯踢　首準二狠

發出二腿如同踢擊一腿，勢成聯動。第一腿要求有絕對的把握和準確，攻即必中，中而必殺的原則。因此，第一腿攻擊敵方的要害爲下陰、胃脘，以期敵方立即有全身性的反應而失去抵抗能力。第二腿攻擊要求狠、旨在速決戰鬥。主要考慮首先被擊倒之敵尙有再爬起來的可能，導致局勢的復雜化。

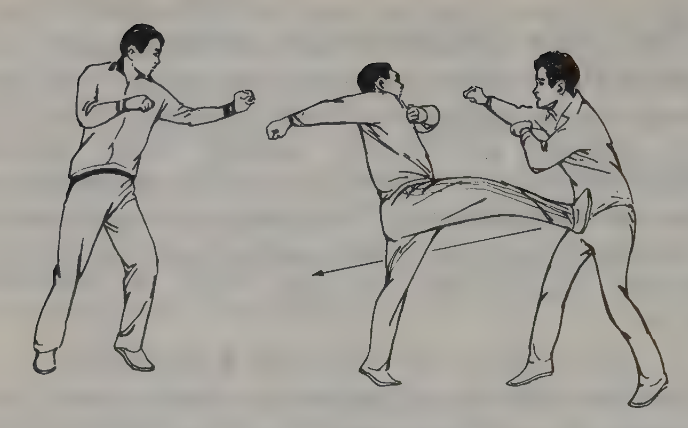
3. 如被敵纏　立轉地趟

因二個均爲正面之敵，突然出擊，猝襲得手的因素降低，在第一腿攻擊敵方之後，即被敵拚死扭住一腿、或强格硬攔,阻住攻勢。這樣的形勢，很不利於速決；另外一敵又迅速衝至眼前，我將立呈敗局。因此，應立即轉入地趟，以最有效的動作，將敵擊傷，並且可趁勢破衝近之敵。所以，要求練習擊打者，不僅需有堅實的地面搏鬥功夫，還應該掌握地趟搏鬥術，以挽回殘局克敵致勝。

The two kicks should be made one immediately after the other. One should have absolute certainty and accuracy in the first kick and make sure to get at and even kill the first enemy. The targets for the first kick are therefore such fatal points as the enemy's pudenda and *Weiwan* acupoint, which will have immediate effects on the whole body of the enemy and make him lose combat effectiveness. The second attack should be made with ferocity in order to fight a quick battle and avoid the complicated situation that may arise when the first enemy comes up.

3. Fall to the ground if the enemy grasps you.

Since the possibility of success in a sudden attack against two enemies may not be great, the first enemy might desperately grasp your leg in an attempt to stop your movement. Under such a stalemate situation, you should at once fall to the ground, injure the first enemy with the most effective movements and take the opportunity to break the second enemy's attack, thus having the tables turned. If the pugilist wants to get over a dangerous situation, he must be highly skilled not only on his legs but also when falling on the ground.



149

四十六、黑熊鞠躬

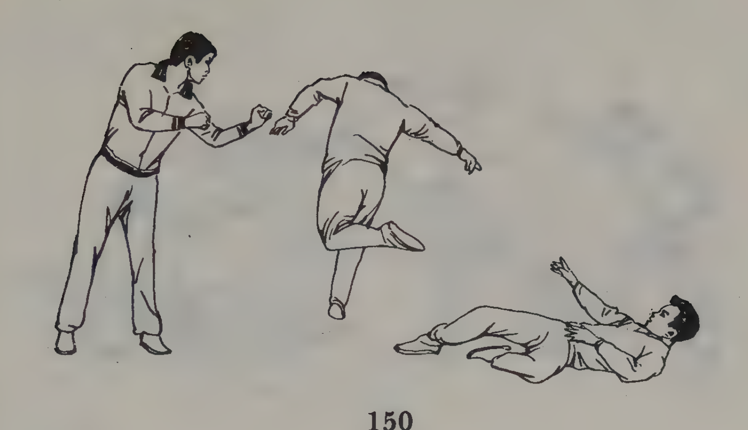
此腿法為一人對擊二人的腿擊法，與“獅撲雙豹”一樣，是專事對付前後兩人對我夾擊時使用。“獅撲雙豹”在擊破前後二敵時，僅使用同一腿利用身體的慣性，連續地先後踢擊二腿。而本腿法則交替使用不同的兩腿實行攻擊，來挫敗前後兩敵。形式上看起來差不多，但在實際使用上，卻有許多的不同。其技法較“獅撲雙豹”為難，搏擊時也顯得靈活機動。

圖149：（上接圖140）

我以敏捷的動作，迎敵之左側面，隨即起右（左）腿，以黃蟒擺尾腿法，攻入敵心窩。

圖150：

前敵被擊倒地，後敵因胆怯前進滯緩。我隨即以小跳步，迅速以低姿接近後敵。



150

46. THE BLACK BEAR BOWS

Like the Lion Springs on Two Leopards, this is also a leg-attack method used by one combatant against two enemies in front and rear, only the former is made with the same leg and the latter with both legs. They look similar in form but are different in many respects when applied in actual combat. The present leg attack is more difficult, skilled and flexible.

Fig. 149 (after Fig. 140)

In swift movement, I hit front enemy's stomach pit from his left with right (left) leg by using the method of the Yellow Python Swings Its Tail.

Fig. 150

Front enemy tumbles. As rear enemy hesitates with fear, I quickly approach him in low stance and with small jumping steps.



151

圖151：

在敵尙於疑慮之際，以極快的動作，向敵脛骨中距離發出一腿擊。

圖152：

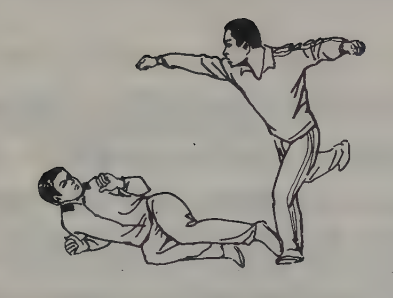
敵中後必倒地。

動作要領

1. 此動作以低姿完成，動作時形象一只狗熊，形狀笨拙，但進行眞正擊打時，動作並不緩慢。而此動作成功的關鍵，也正是在於低姿襲敵，方能得手。

2. 首腿以黃蟒擺尾攻入敵心窩，其勢甚猛，後襲之敵不敢貿然而進，必在我之後,緩緩行進,以始終盯住我之正後面爲防範之計。然而，我欲擊他，也必有一段距離，因而隨之而作的小跳步正是迅速地，出敵不意的接近敵方的戰術手段。因此，必須要做得突然、干脆、協調，無拖泥帶水的遲緩。小跳步要輕鬆、自如。

3. 後蹬擊敵，是在小跳步後躍之後。所以，必須身腰放長，力





152

Fig. 151

Before rear enemy makes up his mind, I charge at him with quick movements from a medium distance and kick his shin bone.

Fig. 152

Enemy tumbles.

Essentials:

1. Move in a low stance and act like a clumsy bear before the real attack is made. The low stance is essential for the success of the attack.

2. The first attack of the Yellow Python Swings Its Tail must be so fierce as to make the rear enemy slow his movements, keep a distance behind your back and refrain from a rash attack. This distance is also important for you because with it, you can realize a surprise attack by means of a rapid approach in small jumping steps. These steps must be swift, snappy, neat and coordinated as well as relaxed and natural.

3. The tread on the back enemy is conducted after the small jumping steps are made. Reach out your waist and body in order to get at the enemy at a medium distance.

爭在中距離即能擊中敵方爲得法。

4. 前擊後蹬務必連續，但動作力求簡捷，充分發揮渾身裹緊，搖閃直入，猝而後退，躍然擊敵的高度協調的前後換腿的攻擊術。

實戰要點

1. 敵勢不均　黑熊鞠躬

這是說黑熊倒根使用在敵勢不是很強，或是兩敵一強一弱的情況下，進行之。這也是審局度勢的問題。有許多的人攻擊落空，或是不能理想地達到預期效果，往往以自己的速度上去找原因。速度固然是一個因素，但不是絕對的因素，還應該考慮到攻擊是否得法。方法不正確（即動作不正確）再快的速度還是無效。不僅如此，還可能挨打。還有一個重要的因素是審局，這在一對二人搏擊時。尤爲重要。審局準確，看準敵較我弱、或其中一人較弱，即可使用該腿法。然而，在使用黃蟒擺尾腿法攻敵時，應首攻較強之敵，次攻較弱之敵。假如，前面之敵爲較弱，身後之敵勢較強，在情況允許下，也應以猝然轉體，突然打擊身後較強之敵，然後再來收拾另一敵。

2. 靈活機動　姿態充分

一般情況下，擊前敵較有把握，而擊後敵，有時却要落空，假如一旦後踢未中，也要因時因勢地及時轉入其它動作的反擊。充分顯示出我強敵弱的機動姿態。

4. With the forward kick and backward tread made in succession, the entire movements must be simple, swift and highly coordinated. The body should be tightened up, the frontal attack straight forward and the back tread sudden.

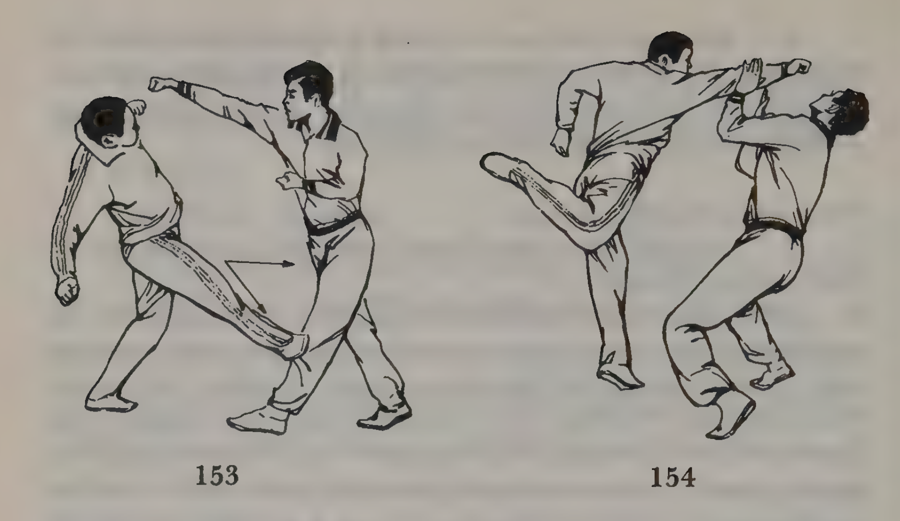
Key points in actual combat:

1. Use the Black Bear Bows when the two enemies are not of equal strength.

This means that the present leg-attack method should be employed either when the two enemies are not very strong or when one is strong and the other is weak. A correct analysis of the situation is therefore very important. Not a few pugilists have attributed the failure or unsatisfactory results of their attacks to speed. Speed is undoubtedly an important factor, but it is not an absolute factor. Another important factor is whether the method employed is correct or not. An incorrect method or movement not only offsets the speed acquired but renders yourself to a vulnerable position. Still another factor of importance, especially in a battle of one against two, is the correct analysis of the situation. The present attack can be employed if you are certain that both enemies are weak, or one of them is weak. The Yellow Python Swings Its Tail should be used against the stronger of the two. In case the rear enemy is stronger, you can make a sudden turn of the body, if circumstances permit, and hit the stronger enemy before you attend to the weaker one.

2. Be flexible.

Generally speaking, one has assurance in hitting the front enemy but sometimes would miss the rear enemy. Under such circumstances, one should take advantage of the superiority over the enemy and be flexible enough to change to other counterattack methods according to time and opportunity.



153　154

四十七、截脛取腎

此腿法爲硬取敵脛骨，隨即緊急攻擊敵陰門之組合腿擊法。此腿擊專解破急切攻我之敵，實戰中可以繼續使用，非常有效。

圖153（接圖18，19）：

敵依仗堅實的“沐浴功”力，脛骨無痛感，受擊後繼續往前衝。

圖154：

我隨即將擊出之迎面短腿收回，繼而彈擊敵襠。

圖155：

敵受擊必後倒，我即以拳追擊之，摧倒。



155

47. BREAKING THE SHIN BONE AND FETCHING THE KIDNEY

This is a composite leg-attack method aimed at directly kicking the enemy's shin bone first and then hitting his pudenda. It is used specifically against enemies who are in a hurry to get at the combatant and can be employed consecutively and effectively in actual combat.

Fig. 153 (after Figs. 18, 19)

Enemy does not feel pain on shin bone and keeps advancing because he has solid *Muyügong*.

Fig. 154

I immediately withdraw leg engaged in frontal short attack and make spring attack with same leg at enemy's crotch.

Fig. 155

Punch at enemy who already begins to tumble over.

動作要領

1. 迎面短腿和攻擊陰門之彈擊腿要聯貫一致，相互協調，結合如一個動作。

2. 短腿之後的彈擊腿必須準、飄，要求迅速地踢出。以脚前掌擊敵。

3. 擊出迎面短腿時，應使自己重心下降，力量充實，不致影响以下動作。

實戰要點

1. 短腿拒敵　在於靈變

短腿拒敵，有效而往往未能最後解決問題。攻勢兇猛的敵手，往往依仗堅實的桩功，雖然受襲後，仍然拚死攻來，以求一戰。在此情況下，迎門短腿以後的連續動作就十分必要。然而，對於一些桩功好，但反應較遲鈍的對手，在對其施以迎門短腿之後，實行連續打擊，也頗湊效。無論敵方屬於急攻型或防守型，截脛取胷均能有效地破門而入，其機要在於節奏和靈變。

2. 視上擊下　眼法調動

截脛取胷的腿法，應熟練到不用眼睛看擊打目標，便能心應腿到準確地擊中目標，這全賴於用眼法調度，也是破門成功與否的關鍵。

Essentials:

1. The frontal short leg attack and the spring attack should be linked up and coordinated like one movement.

2. The spring attack should be accurate, quick and unpredictable. Kick with the sole.

3. Shift weight to a lower position and exert adequate strength when the frontal short leg attack is made, so as not to affect the movements that follow.

Key points in actual combat:

1. Employ the short leg attack for the purpose of changing strategem.

The short leg attack will effectively hold up the enemy but generally will not solve the problem. Relying on their solid *Zhuanggong* the enemies are ready to risk their lives, even after they are hit, to come up for a further fight. Under such circumstances, the consecutive movements after the frontal short leg attack are very important. On the other hand, this composite leg attack is also quite effective if employed against enemies with good *Zhuanggong* but slow movements. So the present leg-attack method can be effectively employed against both the rash and the slow enemies. The tempo and flexibility of the movements are the key points.

2. Look up and hit below.

The legwork involved in this attack should be so skilled that one can accurately hit the target without looking at it. The use and change of eye expressions are also key factors leading to a successful leg attack.



156

四十八、截脛攻心

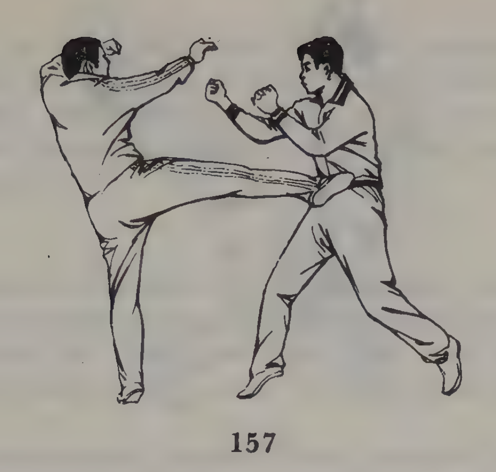
此腿法亦為硬取敵脛骨，隨即緊接攻擊敵心窩之組合腿法。是屬於迎面短腿之後，仍以攻擊腿連續攻擊的組合動作之一。其與截脛取腎的區别就在於敵方在受擊後緊防下陰而改行攻擊胸部空檔。

圖156：（接圖18，19）

敵受擊後，依仗堅實的樁功和沐浴功，脛骨無痛感或忍痛，拚死攻入，但此敵對下陰非常注意防衛，却在中路暴露出空檔。

圖157：

我在擊出迎面短腿後，隨即收腿，以迅烈之黃蟒擺尾腿法，攻入敵之心窩。



157

48. BREAKING THE SHIN BONE AND HITTING THE HEART

This is also a composite leg-attack method aimed at first directly kicking the enemy's shin bone and then hitting his stomach pit. The composite movements are made up of a frontal short leg attack and a following attack with the same leg. It differs from Breaking the Shin Bone and Fetching the Kidney in that the enemy tries to protect his pudenda after being hit and therefore leaves his chest unguarded.

Fig. 156 (after Figs. 18, 19)

Enemy does not feel or can stand pain on shin bone because he has solid *Muyügong* and *Zhuanggong* and keeps advancing in desperate manner. He is most careful in the protection of his pudenda, exposing, therefore, his weak point in central part of his body.

Fig. 157

I immediately draw back leg after frontal short leg attack is made and employ swift and ferocious leg-attack method of the Yellow Python Swings Its Tail to hit enemy's stomach pit.



158

圖158：

敵知受擊後必倒，故急以身閃避，反而使其它一些重要攻擊目標明顯暴露，圖示為我順勢橫拳擊敵下頜部，摧倒。

動作要領

1. 轉身用黃蟒擺尾較容易，但在此無轉身之旋轉勢能可用，僅只有側轉擰腰的勢能。所以攻入黃蟒擺尾要充分擰腰。以達到飄而沉的要求。

2. 組合腿法，重要的問題在於銜接，而截脛攻心，第一腿是直綫方向攻擊，第二腿是弧型方向攻擊。因此特別强調協調性，以達一舉破敵之目的。

實戰要點

截脛攻心不僅可以對付下部防守嚴密的對手。而且，對於受我短腿之擊，仍然不知厲害的冒死攻入的對手，運用此腿擊法頗靈效。此時，我的短腿則回收，身形閃避正好成為隨即攻入之必要的擰腰準備。一閃一擊，很具風格，發腿之後隨即以拳橫掃，順勢夠勁。

Fig. 158

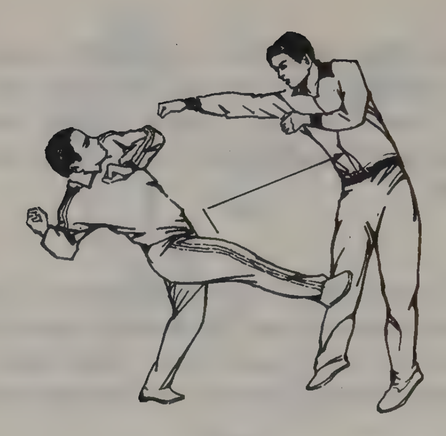
In order to evade kick that will surely bring him down, enemy quickly dodges aside. But by doing so, he cannot help exposing other weak points. Figure shows how I utilize opportunity of enemy's dodging to punch at his lower jaws and make him tumble.

Essentials:

1. Since no momentum of body-turning is involved here, (such momentum makes it easy for the application of the Yellow Python Swings Its Tail,) one must make full use of the waist-twisting movement to realize an unpredictable and heavy leg attack.
2. The important problem for a composite leg attack is how to link up two different attacks. The present leg-attack method involves first a straight forward and then a curved kick. The two must be well coordinated to make the attacks successful.

Key points in actual combat:

This leg attack may be effectively used not only against enemies who give intensive protection to their private parts but also against those who risk their lives to break in even after they are hit by the first leg attack. In the latter case, draw back your leg and slightly dodge aside to give the waist a twist before the second attack is made. Dodge, kick and then punch — these are the features of this leg attack.



159

四十九、截脛攬尾

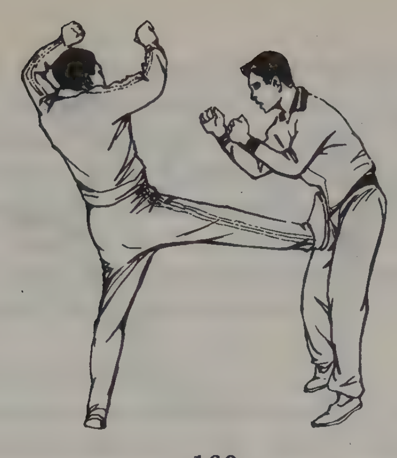
此腿法亦由迎面短腿帶動下硬取敵脛骨之後，隨即用“攬尾”腿法，攻敵神闕穴之組合腿擊法。此腿法專取滯緩徬徨之敵，甚爲有效。

圖159：（接圖18，19）

敵受擊後，略收被擊腿，但仍無進擊反撲之意，我隨即收腿對茫然不知所對之敵，繼續發起攻擊。

圖160：

緊接上動，瞄準敵中部暴露之空檔，側身側腿飛橫而出，直攻中踢神闕穴，敵受擊後，必立即倒地。



160

49. BREAKING THE SHIN BONE AND MAKING A SWING ATTACK

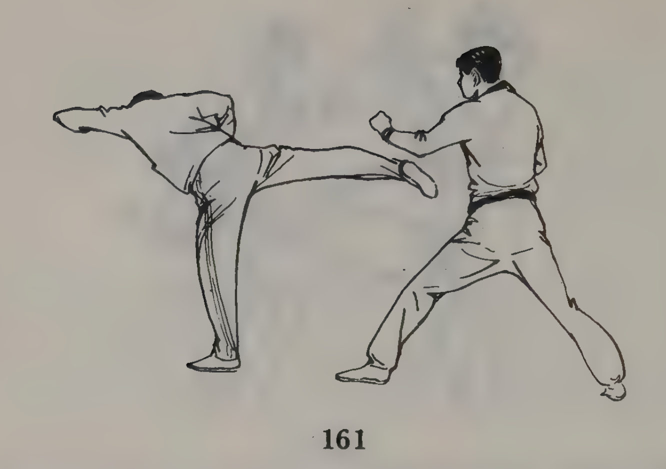
This is another composite leg-attack method aimed at first the enemy's shin bone in a frontal short leg attack and then the enemy's *Shenque* acupoint with a swinging leg attack. It is especially effective when used against slow and hesitant enemies.

Fig. 159 (after Figs. 18, 19)

Enemy slightly draws back leg after he is hit but has no intention to stage a counterattack because he is hesitant. I draw back leg to give him a further attack.

Fig. 160

Immediately following the above, I make swing leg attack with body sideways aiming at the *Shenque* acupoint at center part of his torso.



161

動作要領

1. 迎面短腿出擊之後，帶動其它腿法，除了銜接密切，配合協調，動作迅速，飄然沉重之外，在截脛攬尾的動作時，尚需注意，攬尾時上體盡量拉成水平狀態，以便使攬尾之腿擊可達最長的擊打距離。

2. 迎面短腿擊發之後，應盡量快速將腿收回，護住胸口。這樣動作，可使攬尾腿擊更爲有勁力，速度也更快。

實戰要點

此腿擊對付動作遲緩之敵，顯見佔上風，攻勢甚爲凌厲。但在實戰中，也可以看到反應較爲迅速，爲了避免脛骨受擊而迅速後退，而又復進攻我者，截脛攬尾腿法仍然適用，可以毫不猶豫的踢出，以奪氣破勢，瓦解敵攻勢。又如以迎面短腿擊敵時，敵立即以提腿來閃避打擊，並不後退。這時，同樣可用既定方針,對準敵髖關節，突用攬尾腿擊（如圖161）,敵因單脚支撐，下盤不固，同樣會立即出現劣勢，我可趁機以其它動作，立即補充撲進，以取全勝。

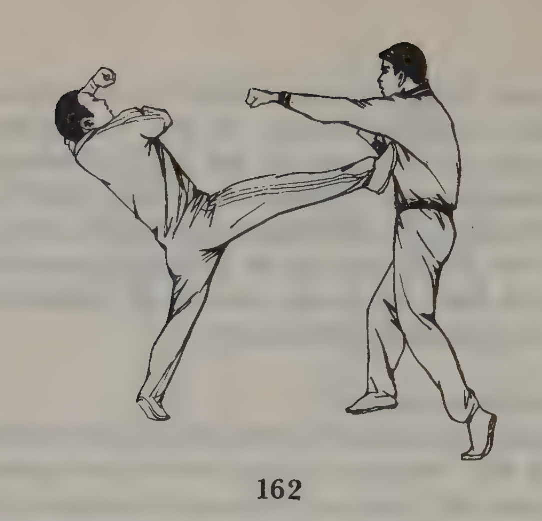
Essentials:

1. Apart from the close linkage between the two attacks, the swiftness and coordination of the movements and the unpredictability and strength of the kicks, another important point to remember is to change your torso into a horizontal position to elongate the attacking distance of the swing kick.

2. Draw back your leg as quickly as possible after the short attack is made and protect your chest in order to make the swing kick more powerful and quickly.

Key points in actual combat:

This leg attack is clearly most powerful and ferocious when used against slow enemies. It can also be used against enemies who can evade the first kick with quick reactions and mount a counterattack as a means to break his momentum. If the enemy simply raises his leg to evade your frontal short leg attack but does not retreat, the same swing kick can be executed against his hipbone (see Fig. 161) because he is now in a vulnerable and unsteady position with one leg raised. Take advantage of this opportunity to inflict further attacks on him to win final victory.



162

五十、截脛封門

此腿法亦爲攻擊脛骨後立即帶動其它腿法進擊的組合腿擊法。此動作攻擊能力較强，如封住敵方門戶一樣，故獲此名。

圖162：（接圖18，19）

攻敵迎門短腿之後，立即撲進以中極穴爲目標，補擊以毒蛇捲舌腿擊法。

圖163：

敵受擊必後倒，我以直拳刺擊摧倒。



163

50. BREAKING THE SHIN BONE AND SHUTTING THE DOOR

This is another composite leg-attack method aimed at first hitting the enemy's shin bone and then giving a further leg attack. The second attack is powerful enough to block the enemy's "gateway," so to speak. Hence the name.

Fig. 162 (after Figs. 18, 19)

I charge forward immediately after frontal short leg attack is made and hit enemy's *Zhongji* acupoint using the Viper Rolls Its Tongue.

Fig. 163

I give enemy straight forward punch after he is hit and begins to tumble.

動作要領

此動作完成時始終處於前進狀態。不論第一腿還是第二腿，以及最後補以直拳刺擊，均以步法進逼，爲此動作的最緊要處。

實戰要點

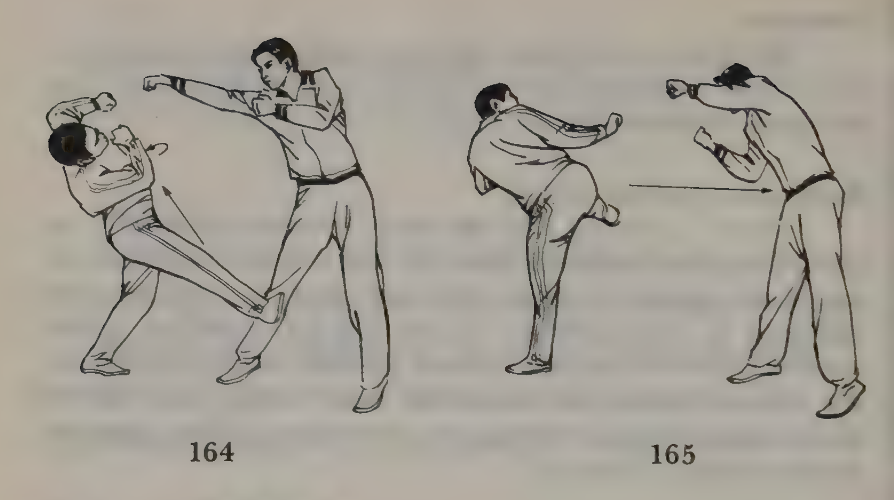
以迎門短腿帶動其它腿擊法，以此腿爲最猛烈。這是一種拚殺型腿法，所以，此腿法在運用時應選擇善於進攻，疏於防守的敵人，最宜奏效。對於明顯勢弱於我之敵，更可以用此腿法弱肉强食，猛烈攻取之。但對於善於步步爲營，小心設防，破綻較少之敵，使用此腿擊法，就必須謹愼、小心。冒失進攻，易遭敵之乘算。

Essentials:

The most crucial point for the success of this leg-attack is the forward movement both in the first kick, the second kick and the straight forward punch.

Key points in actual combat:

This is a bloody and the most ferocious composite leg attack based on the frontal short leg attack. It is most effective if employed against enemies who are good at attacking but negligent in their defense. It can also be employed against enemies who are in an obvious weak position and are the preys of the strong. Precautions should be taken when using this leg attack against enemies with steady movements and few loopholes in order to avoid a setback.



164　　　　165

五十一、截脛剪尾

此腿法亦爲攻擊脛骨後、立即帶動剪尾腿法進擊的組合腿擊法。此腿法的特點是能在較長的戰鬥距離內擊敵。

圖164：（接圖18，19）

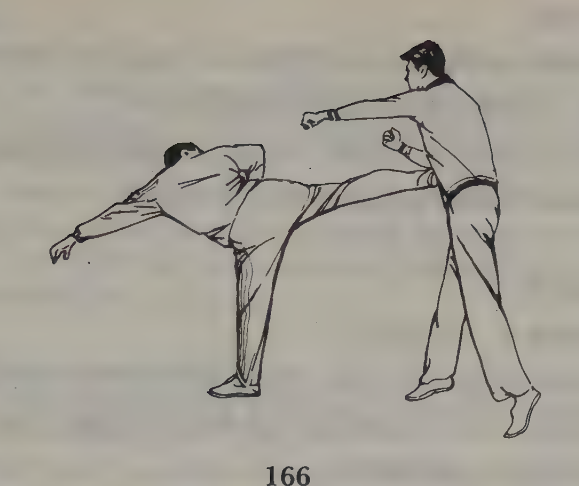
敵受擊後並不後退，忍痛繼續攻入。我即收右（左）腿。

圖165：

上動不停，我擰身左（右）轉180°隨即往身前提起右（左）腿。敵繼續衝來。

圖166：

上動不停，我身前俯，避敵拳勢，右（左）腿即往後衝踢而出，擊敵胃脘。



166

51. BREAKING THE SHIN BONE AND SWINGING THE TAIL

This is a composite leg-attack method composed of an attack on the enemy's shin bone and a swinging leg strike. A characteristic of this leg attack is its long combating range.

Fig. 164 (after Figs. 18, 19)

The enemy, after being hit, continues charging forward instead of retreating. I withdraw right (left) leg.

Fig. 165

With above movement still in motion, I turn 180 degrees to left (right) and then raise right (left) leg before myself. Enemy is still charging forward.

Fig. 166

With above movement still in motion, I bend forward to evade enemy's fist attacks and simultaneously kick right (left) leg backward at enemy's stomach.

動作要領

1. 除保留迎面短腿的一切要領之外，向左（右）轉體要迅速，切莫遲疑，以擰腰來取得該動作的轉體勢能。

2. 動作全過程，包括轉體，後踢時，眼睛始終不能脫離目標。

3. 短腿和剪尾動作要協調。動作銜接緊湊。

實戰要點

1. 敵强硬攻　切莫慌張

敵方受擊後仍然强行攻來，或短腿被敵避閃未中，敵猛烈强攻，切莫臨陣失措，應立即轉體閃避空敵勢動作要機敏，果斷。

2. 擰腰剪尾　協調緊湊

此時眼睛不可離開目標，否則就有踢空的危險。由腰的擰轉，收回短腿的來勢未盡，可立即放腿進擊，剪尾攻敵，勢如連環，這即是在最短的時間內，踢出連續而且是重重的二腿，以應付强敵的硬攻。

3. 翻剪前移　動作兩宜

在完成該動作後，敵被擊中，勢必重創，可立即翻身轉勢，乘勝追擊，但是，當敵作避閃側身搶攻，我未擊中他時，我應即前竄一大步作轉機，以挽回敗勢。

Essentials:

1. This leg attack has all the essentials of the frontal short leg-attack. In addition, the body-turning should be swift and allows of no hesitation. The leg attack achieves its momentum from the twisting of the waist.

2. Never lose sight of the target throughout the execution of the leg attack, including body-turning and backward kicking.

3. The short leg attack and the swinging kick should be well-coordinated and connected.

Key points in actual combat:

1. Never be flustered when confronted by a strong enemy engaged in violent attacks.

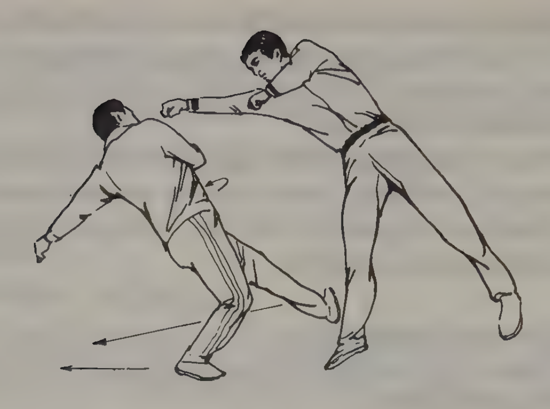
If the enemy continues charging forward in spite of being hit, or if he has evaded the short leg attacks and is swiftly closing in on you, you should not lose your presence of mind, but should immediately turn your body to evade the enemy's attacks. The movements should be dexterous and resolute.

2. Twisting and swinging should be well coordinated.

During the execution of the two attacks, never lose sight of the target, otherwise the kick may fall through. Making use of the momentum produced by the waist twisting, and the force, left over by the withdrawing of the "short leg," the combatant can immediately kick the enemy and strike him again with a swinging attack in a chain of actions. That is to say, in a very short time, there are two successive and heavy kicks executed to counter the enemy's violent attacks.

3. Get ready to turn over or further advance according to circumstances.

If the enemy is hit by the attacks, he must be seriously wounded. In such a case, you should follow the victory by turning over and using one hand to cut down at the enemy. If, however, the enemy dodges and mounts a flank attack because you have failed to hit him, immediately advance a big step as a turning-point to retrieve a possible defeat.



167

五十二、斬脛攻肋

此腿法爲首先以一腿攻脛骨面，然後急以另一腿攻肋部之換腿組合腿擊法。簡易有效，爲實戰中常用腿擊術。

圖167：

右（左）式待敵、敵以拳猛攻，急以左(右)脚擊以迎面短腿。

圖168：

敵受擊後忍痛仍繼續前進，我急以小蓮步向左（右）側斜後退去。



168

52. CHOPPING THE SHIN BONE AND ATTACKING THE RIBS

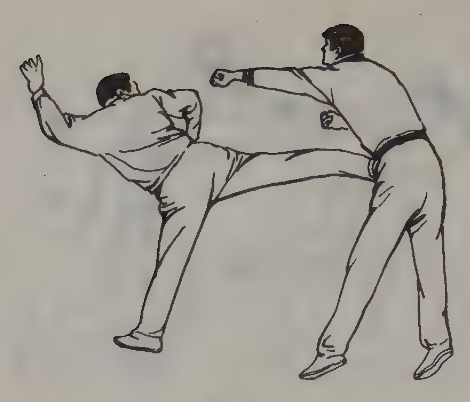
This is a composite leg-attack method composed of first a kick at the enemy's shin bone, and then an immediate kick by the other leg at the enemy's ribs. Simple and effective, it is among the commonly used leg attacks in actual combat.

Fig. 167

I assume a right (left) posture to wait for enemy. Enemy mounts fierce fist attacks. I swiftly counterattack with left (right) leg using the frontal short leg-attack method.

Fig. 168

Enemy continues to charge forward with pain. I retreat a little to left (right) flank with quick, small steps.



169

圖169：

敵上拳繼續撲進，我身側後閃避，隨即起右（左）腿以“野馬彈蹄”擊敵肋部，敵中必倒。

動作要領

1. 參考迎面短腿和野馬彈蹄兩腿法。

2. 兩種腿擊法，換腿相繼踢出關鍵在於協調。小蓮步要隨落即起腳擊，不可遲緩。

3. 兩眼始終盯住敵眼、右（左）腿擊敵之前，一定要有一個收腿至胸的過程，這樣發出的腿更有勁。

實戰要點

1. 短腿擊敵　看準時機

短腿擊敵的最好機會是敵剛欲起腿進擊的一瞬間。

2. 彈蹄破敵　瞄準空檔

野馬彈蹄的擊出，一面以斜後撤來換取時間，最主要的是經過這一過渡，該腿擊的擊發和空檔的窺測，創造了條件。因此，便可以一蹴擊中。無疑，凡此類動作擊中，必需立即翻身施以撲、擒動作，以奪取最後的勝利。

Fig. 169

Enemy continues to close in with fist strikes. I make a dodge by inclining body in the backward-and-flank direction, and then immediately kick out right (left) leg at enemy's ribs with the Wild Horse Shoots Out Its Hoof. Enemy will undoubtedly fall when hit.

Essentials:

1. Refer to the essentials of: the Frontal Short Leg and the Wild Horse Shoots Out Its Hoof.

2. In the above two leg-attack methods, good coordination is the key to the success of the successive leg attacks with different legs. No delay is allowed between.

3. Always fix one's eyes on the enemy's. Before the kick, one's right (left) leg must be drawn close to one's breast to ensure enough force when it is kicked out.

Key points in actual combat:

1. Seizing good opportunity for short leg attacks.

The best opportunity is the split-second when the enemy is just beginning to raise his leg for the attack.

2. When thwarting the enemy's intentions with the Wild Horse Shoots Out Its Hoof, aim accurately at the enemy's opening.

The Wild Horse Shoots Out Its Hoof takes quick effect because it gains time by an oblique-backward withdrawal, and more important, because the transition resulted from this withdrawal makes it possible for the combatant to detect the enemy's loopholes, and hence create conditions for the kick. Undoubtedly, to ensure success for actions like this, immediate follow-up moves such as pouncing and capturing actions after a quick body-turning are necessary.



170

五十三、斬脛片馬

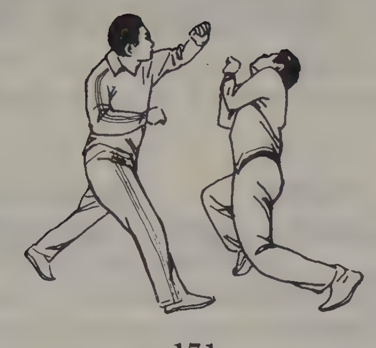
此腿法爲斬擊脛骨後立即挨腿攻擊敵耳門的强勁組合腿擊法，在實戰中發起該腿，效果卓著，即使未擊中，對敵亦有較大的威脅。

圖170：（接圖167）

我隨即原地換脚，以右(左)腿從右外側用腿脚面掃擊敵耳門。

圖171：

敵被擊後、側倒，我隨翻身撲擊。



171

53. CHOPPING THE SHIN BONE AND MOUNTING THE HORSE

This is a strong composite leg-attack method composed of chopping the enemy's shin bone and kicking the other leg at his *Ermen* acupoint. This leg attack is extremely effective in actual combat. Even if it fails in hitting the target, it can overpower the enemy.

Fig. 170 (after Fig. 167)

I change legs on the spot and sweep against enemy's *Ermen* with the instep of my right (left) foot from the right flank.

Fig. 171

Being hit, enemy falls on his side. I quickly turn over to add further strikes.

動作要領

組合動作强調協調之外，後提腿以脚面擊敵，擺脚應高於自己的肩位，上身左擰，完成動作要簡捷，干脆，果斷，以大腿帶動小腿彈擺。

實戰要點

1. 高低並用　貴於神速

這二腿先低後高，貴在速度之外，尙要求銜接得好。這樣，貿然攻來之敵，必定受創無疑。

2. 高腿擊敵　功深力足

高腿如不能中頭部，僅擊中其上來保護的手臂，這就需要攻擊者是否有堅實的基本桩功和腿擊的充份的擺彈猝發的送勁，力足，憑敵以如何來勢阻檔，仍然會被我所擊倒；反之，我力孱弱，即立呈危象矣，如無適當功力，萬勿輕用此腿擊法。

Essentials:

In addition to good coordination between the component actions, the right leg kick should be executed at a position above one's own shoulder. The left-turning of one's upper part and the completion of the action should be dexterous and resolute. Besides, the thrusting action of the shank should depend on that of the leg.

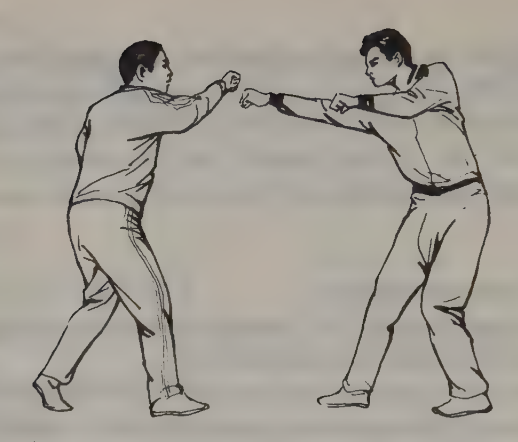
Key points in actual combat:

1. A combination of attacks executed at high and low positions, with the key lying in swiftness.

The two kicks, which are executed one after the other first in a low, then a high position, should be swift. In addition, they should be well linked. Thus, the reckless enemy will no doubt be seriously injured.

2. High-position leg strike necessitates high skill and great power.

If the high-position leg hits only the enemy's protecting arms instead of his head, success then depends on whether the attacker has a solid *Zhuanggong* and a great force resulting from the powerful thrusting of the leg. Weakness on the part of the attacker will land him in a very dangerous situation. One should never use this leg-attack method, therefore, if one lacks enough skill and force.



172

五十四、斬脛刺喉

此腿法爲攻擊敵脛骨後換腿攻擊敵咽喉的組合攻擊腿法，常用作於主動攻擊，在實戰中造成極大的氣勢。

圖172：

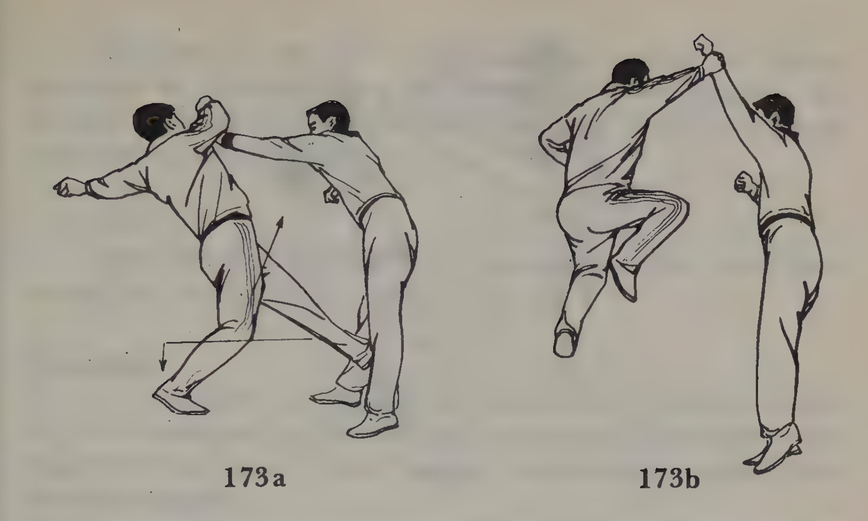
敵畏縮不前（或敵我相峙），我從右式起動，從遠距離進迫。逼近至中距離。保持各式姿態……

圖173a. b.：

上動不停，隨即起左腿擊敵於迎面短腿。此時敵可能出現下列反應。

1. 提腿閃避。
2. 閃避後復又急進反撲。
3. 根本不予理睬，直接對我反撲。

上述三種情況，敵均將暴露出中盤空擋。緊接在完成迎面短腿之後，即右（左）脚起跳、左（右）脚助跳、騰於空中。



173a 173b

54. CHOPPING THE SHIN BONE AND STABBING THE THROAT

This is a composite leg-attack method composed of an attack on the enemy's shin bone with one leg and a follow-up kick at his throat with the other. Often used for an offensive, this leg attack is very forceful in actual combat.

Fig. 172

Enemy recoils in fear (or the two sides are both watching for a chance to strike). I start with right position, close in on him from a distance and then shorten the distance, still keeping right position ...

Fig. 173a, b

With above movement still in motion, I raise left leg to strike enemy with the frontal short leg. Enemy may react in the following ways:

a) Raise his leg to evade.

b) Mount a swift counterattack after evasion.

c) Counterattack directly without paying any attention to my movements.



174

圖174：

上動不停，右（左）腿於空中迅即踢出，踢擊敵咽喉。

動作要領

1. 上前逼迫推進要快，隨進隨起迎面短腿，爭取在中距離，即以仰勢取得擊中脛骨之利。

2. 隨即起跳，應首先提膝，於空中出現一個彈踢的前進勢能。

3. 在完成第二腿時，兩臂上抬，冲截對方有可能攻來的拳式。

實戰要點

1. 騰空腿擊　發聲取勢

在快速前進，躍起踢腿時，應大聲獅吼，該動作力求準確擊中，如敵較靈敏，連連避空但也必須達到勢態上的優勢與增加攻擊的威勢。

2. 落地猛攻　再接再厲

可連續反覆使用該法腿擊，但必須注意效率。反之，如腿腿發出皆踢空，就會造成空炮，被敵窺出虛實而遭到反撲。

In either of the above circumstances, enemy will expose openings in his middle part. Immediately after execution of the frontal short leg, jump into the air with right (left) leg springing up, aided by left (right) leg.

Fig. 174

With above movement still in motion, my right (left) leg in midair swiftly kicks out at enemy's throat.

Essentials:

1. Be swift in closing in on the enemy. The frontal short leg should be executed in the act of advancing. This is to hit the enemy's shin bone from a middle distance with a backward-inclined posture.
2. In the jumping action, which follows, first raise the knee to get the shooting momentum for the kick.
3. After the attack by the second leg, raise the two arms to parry possible fist attacks by the enemy.

Key points in actual combat:

1. When jumping up and executing the kick, let out mighty roars to add to fierceness.

In addition, accuracy is required of this leg attack. Even though the enemy is dexterous enough to have evaded the attacks time and again, it is necessary to gain a superiority in posture and to add to the power of the attack.

2. Follow attack with attacks.

Upon touching ground after jumping, repeat the attack, as this leg attack can be executed repeatedly. Their effect, however, must be taken into account. Failing kicks will reveal your weakness, inviting the enemy's counterattacks.



175

五十五、斬脛攻角

此腿法爲攻擊敵脛骨後換腿攻擊敵心窩的組合攻擊腿法，向前推進速度較“斬脛刺喉”更大，並迅即造成近戰的姿態，以求在激烈的逼近作戰中獲勝。

圖175：（接172）

上動不停，隨即進左（右）腿擊敵脛骨。

圖176 a：

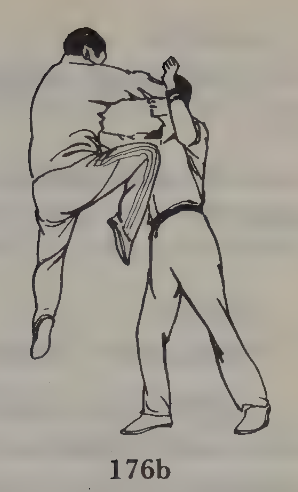
落步後依靠前進之勢能，提各膝，敵正以拳攻來。我即以左腳助跳，騰於空中。

圖176b：

我視準空擋，將身體騰空，以右（左）膝頂擊敵心窩。



176a



176b

55. CHOPPING THE SHIN BONE AND BUTTING WITH THE KNEE

This is a composite leg-attack method composed of an attack on the enemy's shin bone with one leg and a following attack on the pit of his stomach with the other. This leg attack requires greater speed than the preceding one to effect a close-combat posture for winning victory in the violent combatting at close quarters.

Fig. 175 (after Fig. 172)

With above movement still in motion, I kick left (right) leg at enemy's shin bone.

Fig. 176a

As soon as kicking leg touches ground, I raise right knee, relying on impetus resulting from charging body. As enemy rushes forward with fist attacks, I leap up on left foot.

Fig. 176b

Aiming accurately at enemy's opening and with body up in the air, I butt right (left) knee at the pit of enemy's stomach.

動作要領

1. 以左腿助跳，力求騰得高，右腿在身前護定中路，收腿於胸前。

2. 敵在我起跳過程中，暴露空擋，因此，一旦躍起立即以膝頂撞衝擊。

實戰要點

1. 閃攻肘膝　近戰要旨

此腿擊爲迅速造成近戰勢態的强迫作戰腿擊法，具較强的攻擊能力。在迅速接近敵方，以騰空躍進的速度攻膝，其重要意義在於取得攻擊的態姿。在運動中覓求最好的攻擊點。因爲在我迅速前進時，敵方會閃、避、轉移、後退，以至前進。由於對方經驗的不同，各種可能都會出現，較弱者甚至出現“驚、懼、疑、緩、亂、躁”等所謂的搏擊六病，功力較高者，對我的突然撲進，也許會神態自若從容應付。但是在我聲勢壓境時，同樣也會由於疏忽而出現防守中的空擋，被我乘虛進擊之。

2. 攻膝落空　隨即衝足

如膝落空，隨即將脚前掌彈出攻敵下陰和中極要穴，不應遲疑。

3. 始攻護上　追擊擊下

發起攻擊時，護定上盤；追擊時，猛攻陰部要害。應似怒獅一般迅烈撲進。

Essentials:

1. Try to leap up as high as possible by relying on the jumping left leg, while the right leg is drawn before one's own bosom to protect one's middle part.

2. The enemy's loopholes are exposed when you jump up, so, as soon as you are high up above the ground, you should immediately mount the attack by butting the knee at the enemy.

Key points in actual combat:

1. Swift elbow and knee attacks are the main content of close combat.

With a quick creation of a close-combat situation, this is a coercive and powerful leg attack. Going swiftly close to the enemy, butting the knee at him with the body up above the ground and with a rushing speed — this is all for gaining a posture advantageous for attacking and for finding, while on the move, the best target.

When you are swiftly closing in on him, the enemy may dodge, evade, shift, retreat or even advance, depending on his experience. The weak may evince the so-called six weaknesses in combat, namely, surprise, fear, doubt, hesitation, confusion and rashness. The skilled may perhaps cope with your onslaught with calmness and composure; nevertheless, when overpowered by your great impetus, he will also, because of carelessness, reveal loopholes to be exploited.

2. Shoot the foot out if the butting fails.

If the butting knee fails to hit the target, then swiftly kick out the foot to strike the enemy's private parts and the spot below his navel with the fore sole.

3. Protect one's upper part in the initial movement of the attack and strike the enemy's lower part when in pursuit.

When striking at the enemy's private parts in pursuit, one should swoop down on the enemy with the fierceness of a lion.



177

五十六、飛鶴伸腿

此腿法為騰空攻心後換步接攻"剪尾"的追擊型攻擊性腿擊法，在實戰中對於迅速造成攻擊態勢或追擊那些迅速退出戰斗位的敵人有良好的效果。

圖177：　（接圖81 82 83）

敵受擊後隨即向後跳步實行遠距離後撤，或於即將被我擊中的瞬間，為挽危像急擰身閃避，作遠距離後撤。

圖178：

我隨跟步近迫，在態勢上緊迫退走之敵，上身左（右）轉，右（左）腳從身側提起。



178

56. THE FLYING CRANE STRETCHES ITS LEGS

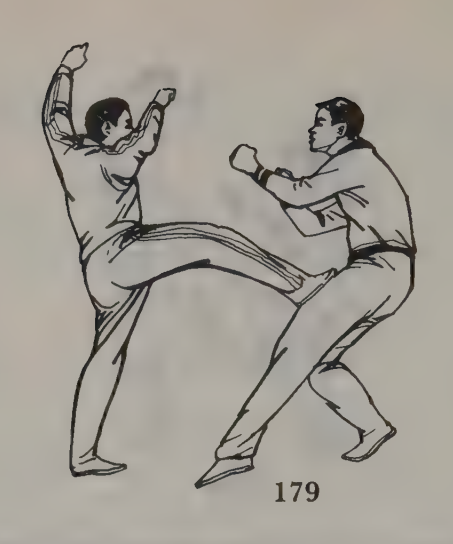
This is an offensive leg attack of a pursuing nature, composed of two actions: an attack executed at a midair position and aimed at the pit of the enemy's stomach, and a follow-up strike with the "tail swinging" method. It is very effective in actual combat in swiftly creating an attacking posture or in pursuing those who are quickly disengaging themselves.

Fig. 177 (after Figs. 81, 82 and 83)

After being hit, enemy either quickly jumps backward for a long-distance retreat, or, in order to extricate himself from danger the moment when he is about to be hit, quickly twists body for the same purpose.

Fig. 178

I follow retreating enemy, turn torso to left (right) and raise right (left) leg by the side of my body.



179

圖179：

上動不停，上身繼續向左（右）擰轉，同時下俯、右（左）腿提起後，向敵襠部攻擊。

動作要領

1. 截脛和剪尾，兩個動作應聯貫進行，但是，其中有一追迫的間隙。“截脛—追迫—剪尾”的整套動作進行，全過程要協調。

2. 追迫要求不緊不慢、不即不離，但是爲了剪尾動作能獲得最大的擊打效果和至少取得必須的長度。所以，上身擰腰下俯，身腰放長，右（左）腿踢出時，左（右）脚掌外展。

3. 在動作的整個行進間，直至剪尾後踢，眼睛必須盯住目標，不能放鬆。

實戰要點

1. 攻擊要素　明知於心

進擊的速度，近迫後的欺敵，時間的運用，連貫動作的節奏，距離

Fig. 179

With above movement still in motion, I continue to turn torso left (right) and bend body simultaneously, and then kick raised leg at enemy's crotch.

Essentials:

1. The two attacks of breaking the shin bone and swinging the leg should be connected with a brief gap in between for the purpose of pursuit. Breaking the shin bone — pursuit — swinging attack, the set of movements should be well coordinated.

2. The pursuing action should be neither too quick nor too slow and neither too close to nor too distant from the enemy. To have the greatest possible attacking effect and a necessary combat distance for the swinging attack, it is necessary to twist and bend the torso, stretch the waist with the sole of the left (right) foot extended outward when the right (left) leg is kicked out.

3. During the whole course of the movements, one's eyes should be fixed on the target.

Key points in actual combat:

1. Have a clear understanding of key elements of an attack.

Speed, overpowering the enemy in close quarters, the exploitation of time, rhythm in connected attacks, the judgement of distance and the choice of opportunity — these are the most important elements for a successful attack. In the execution of this leg attack, opportunity is of particular importance, for this composite leg-attack method contains a comparatively longer time gap between two separate leg strikes. Emphasis, therefore, is laid on the six elements mentioned above

的判斷，時機的選擇，爲攻擊的諸因素中最爲緊要的。在該動作的運用中，尤見强調時機。因爲，該腿法間隙較長，這實際上是二個單獨的腿擊的聯合運用。因此，特別强調上述六點，而突出時機。以下分別簡論之。

2. 進擊速度　欺敵追近

這裏的速度有二個意義：

(1)截脛的速度，一個順利流暢的擊打動作常會使敵感到意外，儘管份量不一定很重，但是（敵受擊不如說受驚）敵往往以閃避卻來對待這突如其來的擊打。當然，經驗豐富、技術完備的對手，就不一定。但是，不管敵方技術如何高超，只要你發動攻擊的速度，並非在他所料之中，一般都是以退卻作“轉機”。第一個意義就是出其不意。

(2)追擊近迫，要求是不即不離，不緊不慢，這是指在追擊時，同敵方保持（相對來說）幾乎是“恆定”的戰斗距離，這一戰斗距的具體要求，最遠不能超過“剪尾”所想要的足夠長度。但是在剪尾這一後續腿法擊出時，又要迅速縮短這一距離，這就是速度的第二個意義。

欺敵逼迫，就是在具有足夠的速度這一前提下完成，並且能自如地運用近戰技術作爲該動作的後盾。

3. 時間時機　進擊節奏

搏擊術是一種高度競技的實戰藝術，能在對擊的全過程中，運用時間，掌握時機，使自己的格殺技擊術具有快慢相宜，急緩協調的節奏。這就說明，已初步掌握了這門特殊的藝術。而完成該動作就特別需要這進擊節奏，以有效地打擊敵方，。

4. 距離判斷　時機選擇

此腿擊第二個動作的距離判斷，尤其重要，也是成功的主要關鍵。然而，該腿法的組合中的第一個動作的關鍵是選擇時機。如時

with priority given to the choice of opportunity. Following is a brief discussion of them.

2. Effect a charging speed to overpower the enemy in close quarters.

The speed being discussed has two meanings:

a) The speed with which to break the enemy's shin bone. A smooth and skillful attacking movement, although it may not be so powerful, often surprises the enemy, who (surprised rather than stricken) will more often than not cope with the attack by dodging and retreating. Experienced and highly skilled opponents, of course, may be exceptions. But, however skilled an enemy may be, he will nevertheless generally effect a retreat as a "turning point" only if you attack with a speed that is unexpected for him. So, the first meaning is to take the enemy by surprise.

b) Fighting in close quarters. This requires that, when in pursuit, one should neither be too slow nor too fast, and always keep an almost "constant" distance from the enemy, which should not exceed, in the case of the leg-attack method currently under discussion, the length enough for the swinging attack. In the follow-up swinging leg attack, however, it is necessary to swiftly shorten this distance. This is the second meaning of speed.

Overpowering the enemy by closing in on him is to be effected with the prerequisite of enough speed, and moreover, it should be backed by a skillful employment of close combat techniques.

3. Make good use of time, seize opportunity and have rhythm in attack.

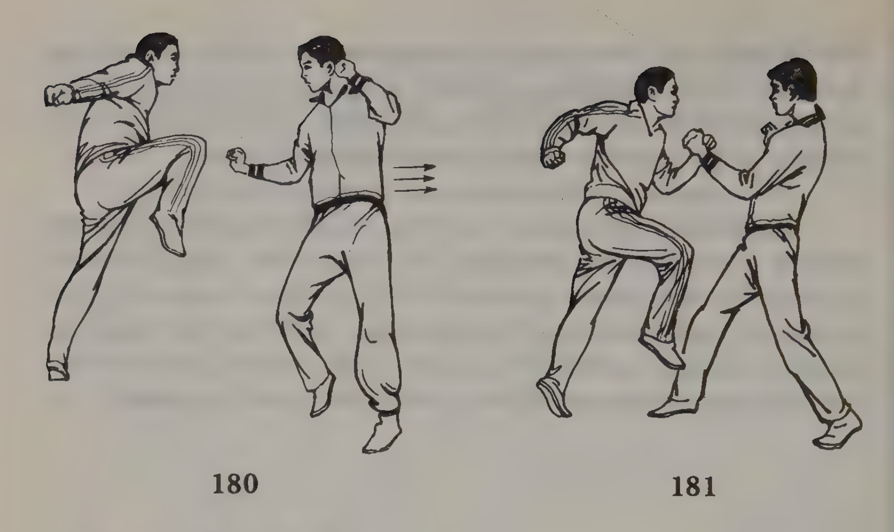
Combat art is a highly skilled art. When a combatant, in the whole course of a combat, can make good use of time, seize opportunity and achieve a rhythm marked by a good

機選擇不當，那末在實戰中，就會遭致慘重的失敗。因爲，騰空躍起時的失誤要比地面立定的失誤，更爲危險十倍。

coordination of slow and fast movements, then he can be said to have an initial mastery of this particular art. A successful execution of the leg attack being discussed, in particular, requires an attacking rhythm to ensure a more effective strike.

4. Judgement of distance and choice of opportunity.

Judgement of distance is of particular importance in the second attack of this method, and is also the key to winning success. The key to the success of the first attack, however, is the choice of opportunity. A wrong choice will lead to a grievous defeat in actual combat, for a faulty move made up in the air is ten times more dangerous than an error made on the ground.



180　　181

五十七、飛龍撞鐘

此腿法是由兩個騰空腿擊法組合在一起的進攻性動作，在實戰時，能取得極大的攻擊態勢。

圖180：（接105、106、107）

敵為了避空我猛烈之膝擊，以身體後拔，倒遁而去。

圖181：

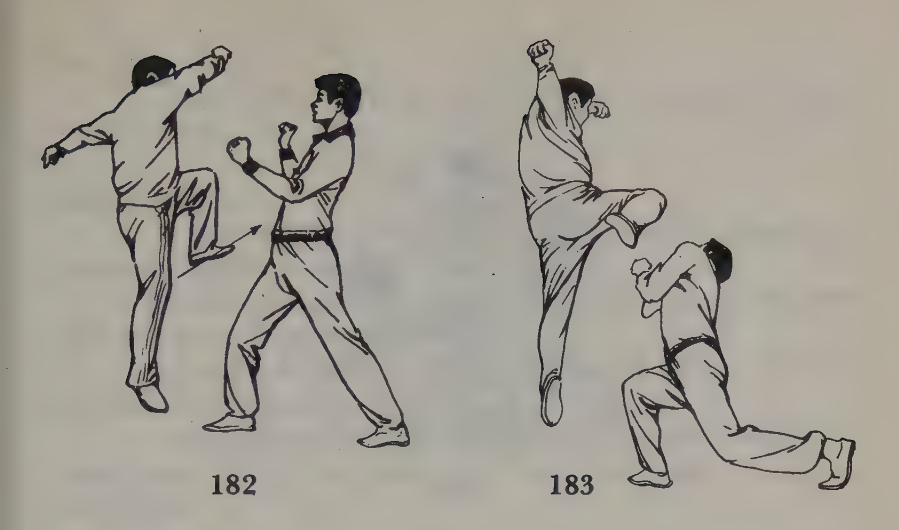
我身體落地後，立即小步緊隨。

圖182：

待敵尚未站穩腳跟，迅即作第二次起跳。右（左）腳跳起，右膝騰起空中，左（右）腳助跳。

圖183：

上動不停，左（右）腳由空中擊出，攻擊敵方腹部要害或採用低姿態攻敵方之面頰。


182 183

57. THE FLYING DRAGON STRIKES THE BELL

This is a composite leg-attack method, composed of two leaping leg strikes. It can achieve an immense attacking momentum in actual combat.

Fig. 180 (after Figs. 105, 106, 107)

Enemy withdraws quickly to evade my violent knee butts.

Fig. 181

I quickly follow him closely with small steps after touching ground.

Fig. 182

Before enemy stands stably on his feet, I jump up a second time on right (left) foot and pull up right knee in the air with left (right) foot helping with the jump.

Fig. 183

With above movement still in motion, I kick left (right) leg in mid-air at enemy's vital part on his abdomen, or at the face of enemy assuming a low posture.



184

圖184：

隨即急進以左（右）拳摧倒。

動作要領

1. 前進的速度要快，不能放鬆，落地後立即逼近。

2. 進擊時應以腿彈擊，用脚前掌攻擊兩頰或腹部要害。

3. 騰空應盡可能高，以便在空中有足夠的時間選擇最佳攻擊點。

4. 前一脚躍起時，護住自己中下部空檔。因而膝蓋應提高至胸前

實戰要點

1. 膝攻衝擊，閃空協調

起首膝攻擊，除了應有騰空膝蓋攻擊的一切實戰要領之外，尚應隨時準備敵後遁時的緊迫追擊。這里有二個方面的協調，“避擊”協調和“起跳—追擊—再起跳”的協調。以解決首次突擊的成功和追擊的勝利。

2. 騰空擊敵，二次選擇

在實行追擊的空中擊打時，應隨時注意敵在急促退却時所暴露的破綻，選擇一個最薄弱點擊打之，機動地擊打之。

Fig. 184

I follow swiftly with my left (right) fist attacks to bring enemy down.

Essentials:

1. Advance in a great speed and immediately close in on the enemy after one touches the ground.

2. Make a spring attack at the enemy's face or abdomen with the fore sole of one's foot.

3. Jump as high as possible to have enough time for picking the best target.

4. In order to protect the openings at one's middle and lower parts in the first jump, one should raise the knee before one's chest.

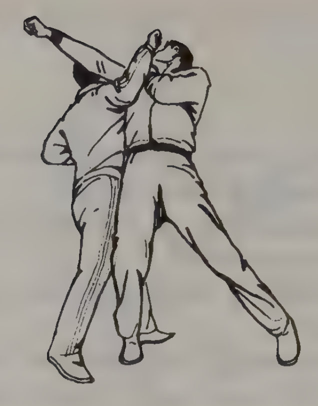
Key points in actual combat:

1. Be ready to pursue after the knee attack.

In the initial knee attack, aside from executing all the essentials of a leaping knee attack, the combatant should always be ready to pursue the enemy if the latter dodges away. Here coordination is required in two respects: between "dodge and attack" and between "jumping-pursuit-jumping again," so as to ensure victory in both the initial assault and the ensuing pursuit.

2. Choosing a correct target when mounting the mid-air attack in pursuit of the enemy.

When pursuing the enemy, try to find the enemy's loopholes as he retreats hurriedly and choose his weakest point for the strike.



185

五十八、飛虎入懷

此腿法也是由兩個騰空腿擊法所組成，同時用作于進攻，前式飛龍撞鐘是用來對付急急退走之敵。飛虎入懷，則是用來對付已被我騰空腿法擊中，但仍頑强反擊之敵。

圖185（接圖81,82,83）

敵以閃身避我之擊，我即落地。

圖186

敵即以拳攻來，我即以身閃避的同時，迅即以膝蓋頂入敵空檔。



186

58. THE FLYING TIGER BUMPS INTO THE BOSOM

This leg-attack method, composed also of two leaping leg strikes, is used for an offensive. The preceding leg-attack method — the Flying Dragon Strikes the Bell — is used to deal with the hurriedly retreating enemy, whereas the present leg-attack method is used against the enemy who is already hit by my leaping attack but still counterattacks doggedly.

Fig. 185 (after Figs. 81, 82, 83)

Enemy dodges to evade my attacks. I come down to the ground.

Fig. 186

Enemy advances with fist attacks. While dodging, I swiftly butt knee against enemy's opening.

動作要領：

1. 應以脚前掌落地避免在落地後缺乏彈性。

2. 攻膝時，應迅速突擊，將腰放出，以加長攻擊距離。

實戰要點：

這是一個由躍起騰空腿擊轉入膝攻腿擊的異常激烈的腿擊動作作。在騰空落地之後，首先考慮的應是下一個繼發進攻。當然，也不能忽視防御。因此，下地時應略微側身，戒備敵方有可能發動的反擊。敵方的反擊正是我實行膝攻的良好機會。

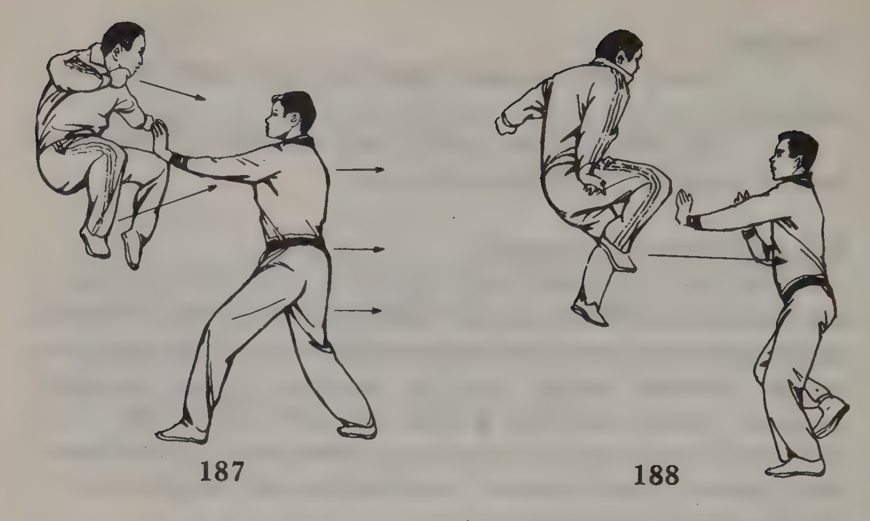
Essentials:

1. Touch the ground with the fore sole to ensure elasticity.

2. Be swift in knee butting, and in addition, stretch the waist to lengthen the attacking distance.

Key points in actual combat:

This is an extremely fierce leg attack, composed of a leaping leg attack and a follow-up knee attack. Although the first thing to consider upon coming to the ground is how to mount the next attack, defense should not be neglected. It is, therefore, necessary upon touching ground, to turn one's body a bit sideways to guard against possible counterattacks by the enemy. Such counterattack, however, provides the very opportunity for the execution of the knee butting.



187 188

五十九、降龍伏虎

此腿法也是由二個騰空腿擊法所組成，極其凶狠，也極有效。專用以對付已被我騰空腿擊法擊中，但仍在頑抗之敵。

圖187（接81）：

我以自然式待敵，與敵保持遠戰鬥距離。我突然躍進，以拳襲敵。

圖188：

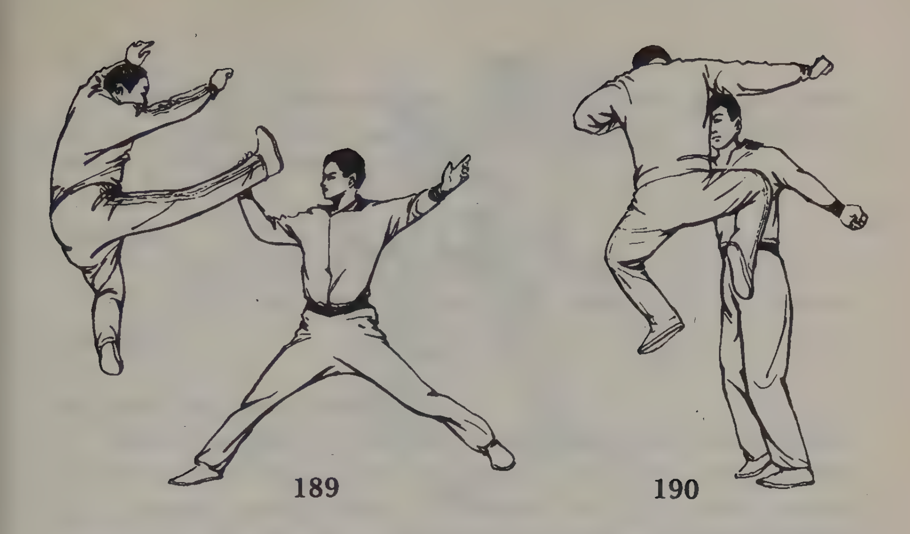
不論敵作何種閃避，即起騰空腿，擊敵胃脘部。

圖189：

敵略後退又復進而反撲。

圖190：

我雙脚落地後復以拳攻，隨即躍起，以膝攻敵腹部。


189 190

59. SUBDUING THE DRAGON AND TAMING THE TIGER

This leg-attack method, composed also of two leaping leg-attack method, is both fierce and effective, and is used specially for dealing with enemies who keep resisting doggedly after being hit by my leaping leg attack.

Fig. 187 (after Fig. 81)

I face enemy with natural posture and keep a long combating distance from him. Then take a sudden leap forward and assault enemy with fist blows.

Fig. 188

Regardless of what dodges enemy effects, I make a leaping attack against enemy's *Weiwan* acupoint.

Fig. 189

Enemy counterattacks after a slight retreat.

Fig. 190

I mount further fist attacks after coming to the ground, and jump up again to strike enemy's abdomen with knee.



191

圖191：

緊承上動，迅即以膝攻之同一腿，用脚尖攻敵陰部，敵中後必倒。

動作要領：

1. 此動作連續兩次起跳、銜接要快。

2. 首次起跳，要求騰空高。第二次起跳，對騰空要求較低，但要求狠。

實戰要點：

此腿擊較飛虎入懷更爲激烈狠毒，實戰中在首動攻擊時，選擇時機，一次完成攻擊。其要點全在于遠距離的突然撲進。

二次撲進後，以躍起下落之勢迅速踩進敵陰門，以畢全功。

Fig. 191

Immediately following the above, I use same leg that made the knee attack to stamp enemy's private parts with fore sole. Enemy inevitably falls.

Essentials:

1. A swift link between the two jumps.
2. The first jump should be high and the second ferocious.

Key points in actual combat:

This leg-attack method is more ferocious and vicious than the Flying Tiger Bumps into the Bosom. The key to success lies in a sudden assault from a distance at a correctly chosen opportunity. In the second attack, make use of the potential energy resulting from the falling body to swiftly stamp on the enemy's private parts to ensure complete victory.



192

六十、三龍戲爪

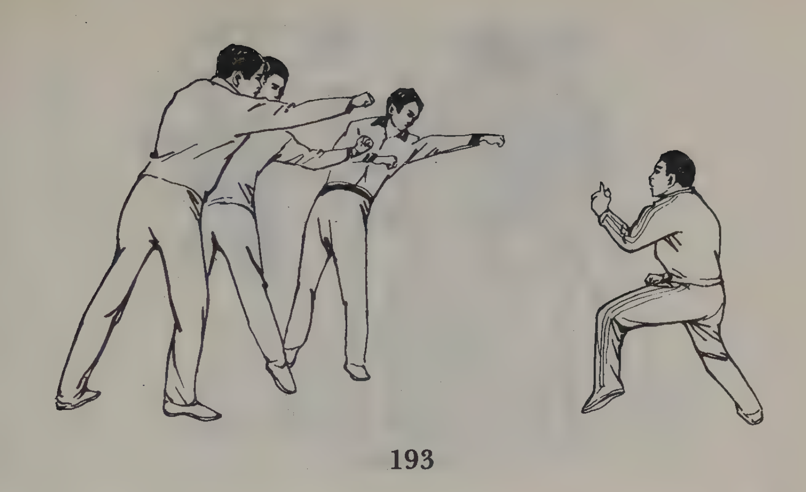
此腿法爲在一次騰空中，連續踢出三腿而分別擊中三個不同目標的複雜腿法。它不僅在實戰中具有意義，而且有較大的訓練意義。

圖192：

敵方三人，分別于正前方、正左側和正右側向我迫來。

圖193：

我以自然式待敵，并隨即小退半步。



193

60. THREE DRAGONS PLAY WITH THEIR CLAWS

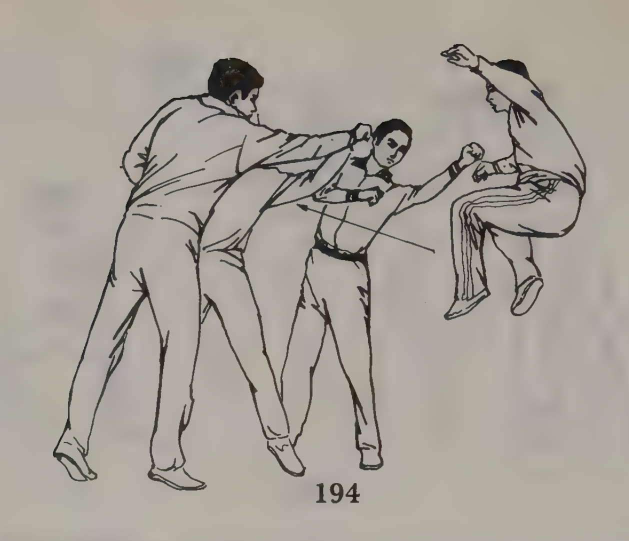
This is a complicated leg-attack method composed of three successive kicks, during one jump, aimed at three different targets. It is useful both in actual combat and in training.

Fig. 192

Three enemies close in from the front and flanks.

Fig. 193

I face them with a natural posture and then retreat half a step.



194

圖194：

緊接上動，我隨即起左（右）脚，同時右（左）脚踏地助跳。

圖195：

上動不停：身體騰空，左（右）脚向正前敵踢出。敵應聲而倒左右兩敵仍繼續向前行進攻我。



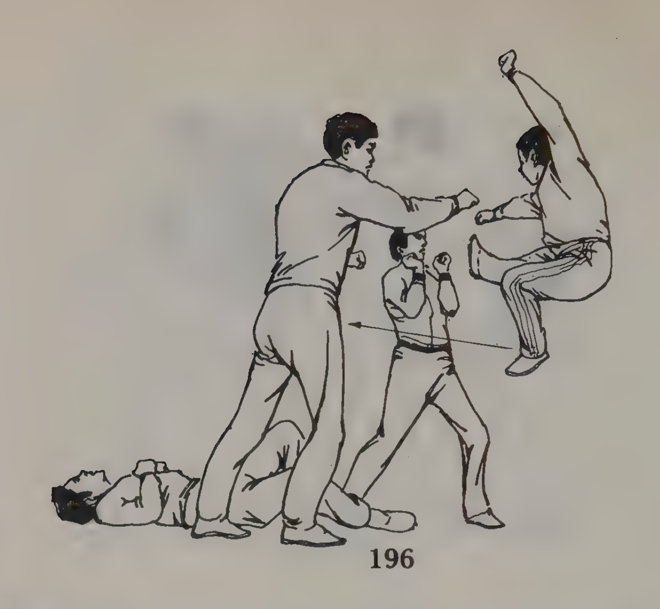
195

Fig. 194

Immediately following the above, I jump up on right (left) leg with left (right) leg raised.

Fig. 195

Immediately following the above, with body in mid-air, I kick left (right) leg out at front enemy to bring him down. Enemies on the flanks are closing further in.



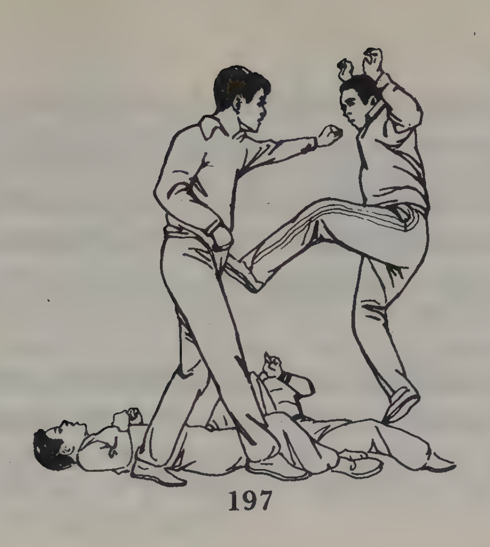
196

圖196：

上動不停，我于空中收回右（左）脚，同時向左（右）擰身。隨即向右（左）側踢出右腿，右（左）前敵應聲而倒。

圖197：

此時身體已從最高點下落，我身體在空中恢復平衡，上體右（左）傾，左（右）脚向左前敵彈出。此時三敵均被擊而重創。



197

Fig. 200

With above movement still in motion, I withdraw right (left) leg and at the same time twist body to left (right). Then kick right (left) leg from right (left) side to bring down enemy on right (left) flank.

Fig. 201

At this point my body is coming down from the highest point of the jump. I recover balance in mid-air and lean torso to right (left) to shoot left (right) leg at enemy on left flank and bring him down.

動作要領：

此動作于身體僅一次騰空時，向正、正右、正左三個不同方向相繼地迅速踢出三腿。這需要較高的彈跳力和較高的動作協調性，是一個難度較大的實戰腿擊法。同時，也不失爲一個較好的訓練性難度動作。其動作完成關鍵在于第一、二兩腿銜接密切，于身體騰空在最高點時完成。正當身體處于最高點往下落時，迅即踢出第三腿。

第二腿的擰腰應是在空中進一步提撥身體騰空的要點，應充分運用這勢能，使身體盡可能再往上升以完成第二次腿擊。

在訓練時，可先訓練在空中的二腿連續，再完成三腿連續。

實戰要點：

此腿法獲得成功的決竅在于突然性。技術上的成熟和對自己動作的信任，以及藝强于三敵態勢，是襲擊三敵一次完成的重要因素。

躍起，踢出，擰腰，再踢，提臀，再攻等三次連鎖攻擊，必須有高度協調。

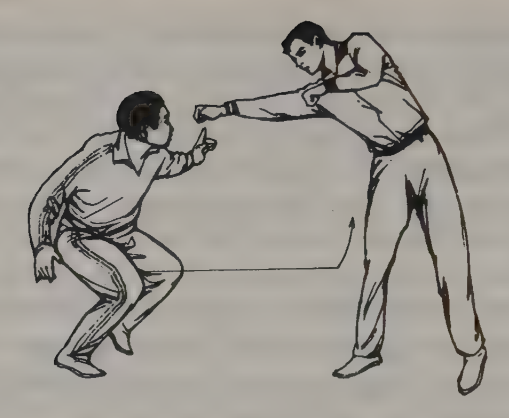
Essentials:

This leg-attack method requires a lot of spring to ensure a greater height, and a better coordination of movements, because the combatant has to execute three successive leg strikes in three different directions at one jump. It is difficult in actual combat and good for training. The key to success lies in: first, a close link-up between the first two leg strikes, which should be completed at the highest point of the jump; the third leg kick is executed when one's body begins to fall from the highest point. And second, the body twisting just before the second leg kick is the key to raising one's body higher. The combatant should make full use of the force resulting from this body twisting to achieve as high a position as possible in mid-air for the successful execution of the second leg kick.

Key points in actual combat:

The secret of success for this leg-attack method is suddenness. In addition, maturity in skill, confidence and an overpowering manner — these are important factors for defeating the three enemies at once.

There must be good coordination among the three chain attacks composed of jumping up, the first kick, twisting the body, the second kick, raising the buttocks and the third kick.



198

六十一、連環擺擊

此腿法爲一整套連貫的擺擊所組成的複雜腿擊方法。此類腿法中，有鴛鴦腿和鴛鴦連環腿及連環鴛鴦腿最爲著名，腿擊動作有連續九腿之多。“連環擺擊”是上述較複雜腿法的基礎腿法。

圖198：

敵我相持，以自然式待敵。

圖199：

進擊右（左）腿，窩心攻入。



199

61. CHAIN SWINGING KICKS

This is a complicated leg-attack method composed of a whole set of successive swinging kicks. Famous among this kind of leg-attack methods are the following: the *Yuanyang,* the *Yuanyang* Chain and the Chain *Yuanyang.* As many as nine successive kicking actions can be executed at a stretch. Chain Swinging Kicks is a basic leg-attack method falling into this category.

Fig. 198

The opponents are facing each other. I am in a nature posture.

Fig. 199

I kick right (left) leg at pit of enemy's stomach.



200

圖200：

敵以右（左）膝上提，防守中路。

圖201a. b：

上動不停，我隨即變招，以同一腿以野馬彈蹄側擊敵支撐腿。

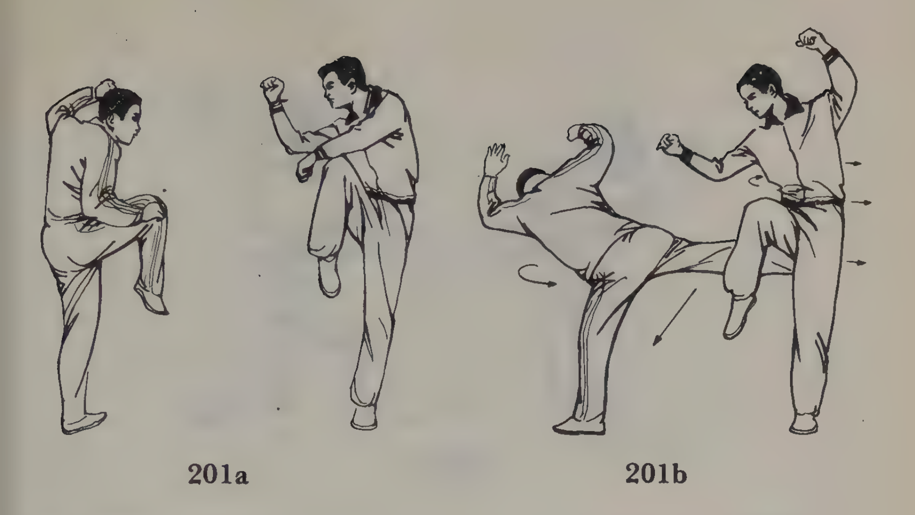
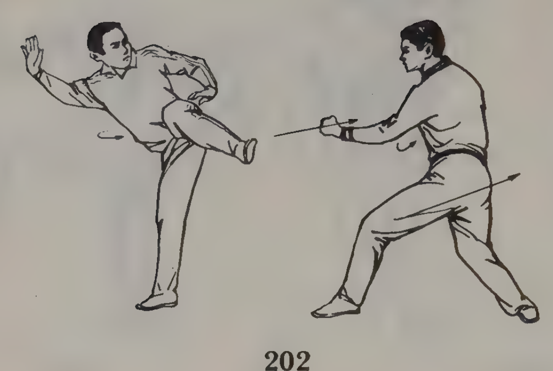

201a 201b

Fig. 200

Enemy raises right (left) knee to protect middle part.

Fig. 201a, b

With above movement still in motion, I suddenly change strategem and strike enemy's supporting leg from flank with same leg, using the method of the Horse Shoots Out Its Hoof.



202

圖202：

敵急擰身後避我擊打，我以擰身勢能，繼續向左（右）轉體，右腿下落，左（右）腿從身後面提起。

圖203：

上動不停，我左（右）腿從身後踢出，敵後遁勢能已竭，幾被擊中，但當存一線擰腰的餘地。



203

Fig. 202

Enemy swiftly turns body and retreats to evade the strike. Relying on the force resulting from body twisting, I keep turning body to left (right) while lowering my right leg and raising left (right) leg from behind my back.

Fig. 203

With above movement still in motion, I kick out left (right) leg from behind. Enemy is at the end of his tether and is almost hit, with just a little room for further body twisting.



204

圖204：

我繼續加大向左（右）擰腰的勢能，翻身以左（右）腿攻擊敵窩心部，擊中敵方。

動作要領：

1. 此動作爲連續向左（右）由四腿連動的同一方向旋轉的追擊性腿法。需要有較好的單個腿法基礎，才能完成。由于其動作勇猛有較大的實戰意義，要練好也并不容易。四腿追擊的要求是每一腿法均應發勁，不能將腿伸出一步，就收回而接做下一個動作。

2. 前面二腿是以步法的轉換來獲得擊打敵方空檔的機會。因此，在敵方一旦出現防御反應時，立即運用步法，進入有利于下一腿擊實施的方位。

3. 後面二動應充分利用旋轉勢能，一舉完成而決不遲疑。第三動是俯身擰腰，第四動則是直體擰腰，兩個擰腰的勁，聯合在一起以獲取極大的勢能來完成近擊的腿法動作。

4. 此腿擊法四個動作的要領分別概括爲四個字：襲、換、轉、

Fig. 204

I continue to strengthen momentum by twisting body further to left (right) and then suddenly kick out left (right) leg at enemy's stomach pit. Enemy is hit.

Essentials:

1. This is a pursuing leg attack composed of four chain leg actions executed in the course of a continuous left (right) turning of the body. Completion of this leg-attack method depends on the mastery of the single leg-attack methods. Fierce and violent, this method is of great use in actual combat. It is not easy, however, to master it. What is required in the four pursuing leg attacks is that every leg attack should be forceful. It would never do to withdraw the leg when it is only half way from the target.

2. Opportunities to strike the enemy's openings for the first two leg strikes are gained by step shifting. It is, therefore, necessary, as soon as the enemy takes defensive measures, to gain a position favourable for the execution of the next leg strike by means of immediate step shifting.

3. The last two attacks should be executed by making full use of the body-turning momentum and completed at a stretch without any hesitation. The third attack is effected by twisting the waist with the body stooped, whereas the fourth with the body straight. Combine the force of the two waist-twisting actions to achieve the greatest possible momentum to complete the pursuing leg strikes.

4. Essentials of the four attacks could be summarized respectively as: assault, shifting, twisting and turning.

Key points in actual combat:

1. With changing steps, defeat the enemy by shooting legs.

The first attack aimed at the enemy's stomach pit serves as the opening move, which is followed immediately by an attack on the enemy's flank effected by swift step shifting. In actual

翻，應細細體會之。

實戰要領：

1. 步法轉換，彈踢破敵

首動攻敵窩心，做爲引子。然後急以步法的轉換，攻敵另一側。當然，在實戰中無須拘泥于攻敵支撐腿這一薄弱點，對兩肋部，只要實際戰況許可，均應毫不遲疑地攻擊之。

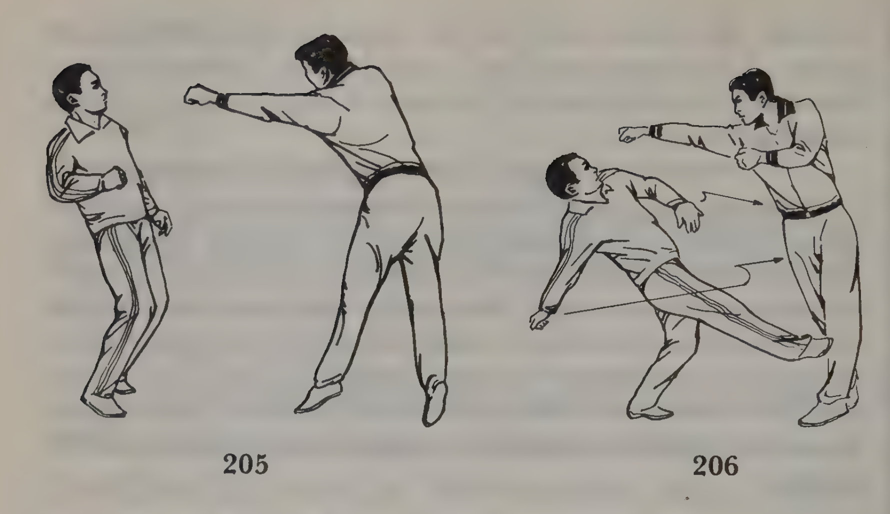
2. 剪尾窩心，窮追莫捨

後二動全部由旋轉勢能取得擊打的連續性，“剪尾”腿擊是較“彈踢”能獲得更長擊打距離的一種腿擊法，在通常情況下，敵受此三腿已無路可遁，但是，爲了奪取最後的勝利，轉身窩心腿攻敵是必不可少的，同時施以轉翻的臂勢，摧敵傾倒。

combat, the attack need not be limited to the enemy's weak point — his supporting leg — but can be directed without hesitation at either side of his chest as long as the combating situation allows.

2. Make the swinging attack and strike in dogged pursuit.

Continuity of the latter two actions is achieved wholly by the momentum of the twisting body. The swinging attack has a longer combat distance than the Wild Horse Shoots Out Its Hoof. In ordinary circumstances, being hit by these three leg kicks, the enemy will have no way to dodge. To ensure complete victory, however, it is necessary for the combatant to effect, by turning the body further, a fourth leg strike at the enemy's stomach pit assisted simultaneously by a cutting fist attack to bring down the enemy.


205　206

六十二、金豹出洞

此腿擊法是在一些連續的腿法組合攻擊後，轉入近戰狀況的過渡動作。對破門突擊，迫使對方近戰有較大的實戰意義。

圖205：

敵我相峙。敵方對我實施衝擊。

圖206：

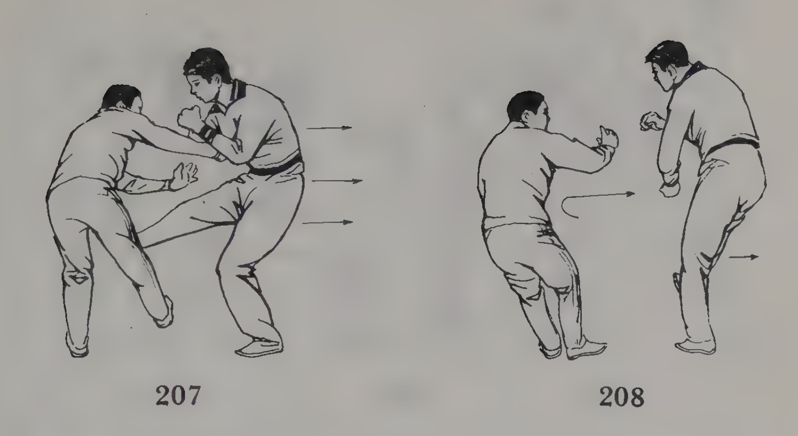
我以自然姿態接敵。下擊以左（右）脚之迎面短腿。

圖207：

敵不予理采，繼續撲進。我隨即以右（左）腿勾踢敵脚，雙掌向敵腹擊出。

圖208：

敵避我勾踢和掌擊，略向後頓挫。



207 208

62. THE GOLDEN LEOPARD DASHES OUT

This is a transitional leg-attack method made after successive composite leg attacks in order to shift to a close-combat situation. In actual combat, it is of great use in forcing the enemy to engage in close combat.

Fig. 205

The opponents face each other. Enemy charges at me.

Fig. 206

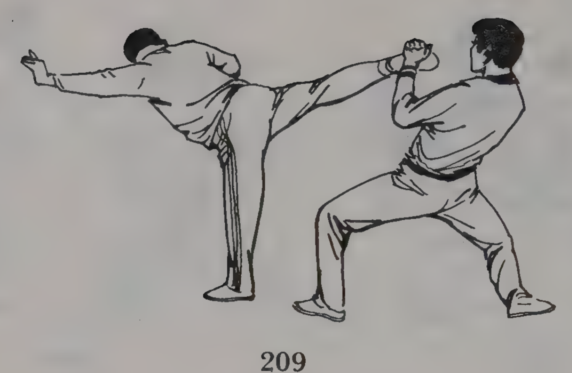
I meet enemy with a natural posture and attack him with the frontal short leg using the left (right) foot.

Fig. 207

Enemy closes further in irrespective of my attack. I hook at enemy's feet with right (left) foot and simultaneously strike his belly with palms.

Fig. 208

Enemy pauses and retreats a little to evade my kicks and palm strikes.



209

圖209：

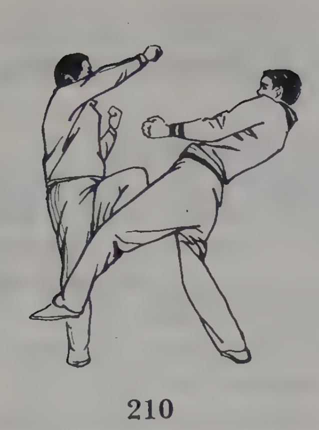
我迅即接以右（左）腿之“野馬彈蹄”側擊敵心窩、肋部等要害位。

圖210：

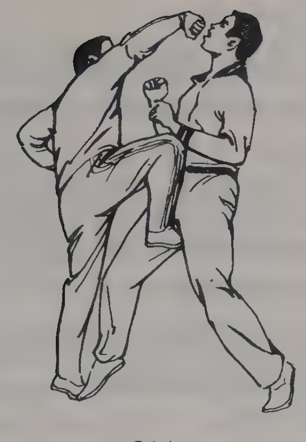
敵向後向左、右閃避我擊。

圖211：

我收回右（左）腿，隨即擰腰轉體。我肘、膝，借擰腰轉體之勢能、攻入敵方面頰要害和襠部。



210



211

Fig. 209

I then swiftly hit enemy's vital spots of stomach pit and chest sides from the flank with right (left) leg, using the Wild Horse Shoots Out Its Hoof method.

Fig. 210

Enemy dodges my strikes by retreating or moving to right or left.

Fig. 211

I withdraw right (left) leg and twist waist to turn body and then make use of the momentum created by twisting and turning to strike enemy's face and crotch with elbow and knee.

動作要領：

1. 擊出迎面短腿要低，貼地而進。上身隨之後仰。可避敵勢。

2. 換腿施以勾擊，也要求低。同時，雙掌擊腹要求和腿勾擊方向相反，協調進行。

3. 野馬彈蹄之擊要求身腰放長，獲得最大的擊打距離。

4. 轉體擰腰之擊，要求急驟地出現勢能。這樣，才能充分發揮肘、膝的攻擊威力。

5. 這四動要求高度協調、連貫、迅速、銜接緊湊，尤其是“彈蹄”之後的轉體近戰。

實戰要點：

1. 以變應變，以招應對

本腿法是專事對付反應靈敏、敢于拼殺、以招求變的對手。我攻之連續腿擊，均被敵方化解，因而轉入近戰奪取勝利。因此，本腿法的出擊、要求一腿比一腿快地佔入敵空檔，不能有絲毫的遲疑。

2. 近戰接敵，肘膝并用

最後解決問題是肘膝并用的近戰，要求有短促的擊打節奏。在一個長節奏動作之後的短促節奏動作就特別需要依靠身法的迫近來完成。

Essentials:

1. The frontal short leg should be kicked out along a route close to the ground; at the same time, the combatant's torso should incline backward to evade the brunt of the enemy's attack.

2. The hooking kick made by the other leg should be executed at a low position, too. It is also required that the two attacks — the strike at the enemy's belly with both palms and the hooking kick — go in opposite directions and in good coordination.

3. In the use of the Wild Horse Shoots Out Its Hoof, stretch the waist to gain the longest possible attacking distance.

4. In the execution of attacks with body turning and waist twisting, an immediate big momentum is required to give full play to the force of the attacking elbow and knee.

5. A high degree of coordination and swift linking up are required in the execution of the four attacks, especially the body-turning close combat after the Wild Horse Shoots Out Its Hoof is made.

Key points in actual combat:

1. Counter changes with changes and moves with moves.

This leg-attack method is used specially to cope with the kind of opponent who is quick of reaction, dares to fight and seeks to change strategems. With all your successive leg attacks dissolved by the enemy, you shift to close combat to win final victory. Therefore, successful execution of this leg-attack method requires that each kick should go at a faster pace than the preceding one, breaking into the enemy's openings with no hesitation.

2. Use both elbow and knee in close combat.

Final victory is won by the use of both elbow and knee in close combat. This requires a short and quick attacking rhythm. Movement with a short and quick rhythm, after one with a slow rhythm, can be realized by close proximity to the enemy.



212

六十三、連環窩心腿

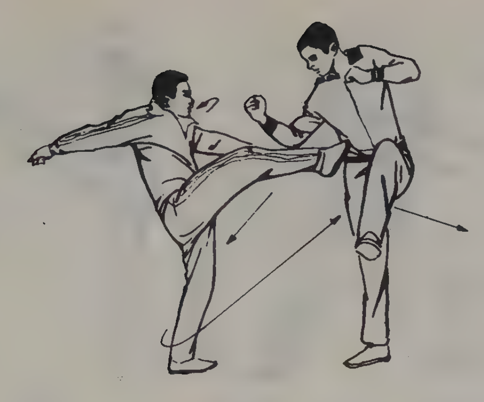
此腿法爲一系列攻擊膻中，神闕、陰部等中路一線要害的組合腿擊法。實戰中用于追擊敵方。

圖212：

敵我相峙，我以自然式接敵。敵主動以左（右）腿施短腿對我攻擊。

圖213：

敵略避，隨即迅速向我撲進。我即換腿起“毒蛇串腹”用右（左）腿攻擊敵腹部空檔。



213

63. CHAIN KICKS AT THE ABDOMEN

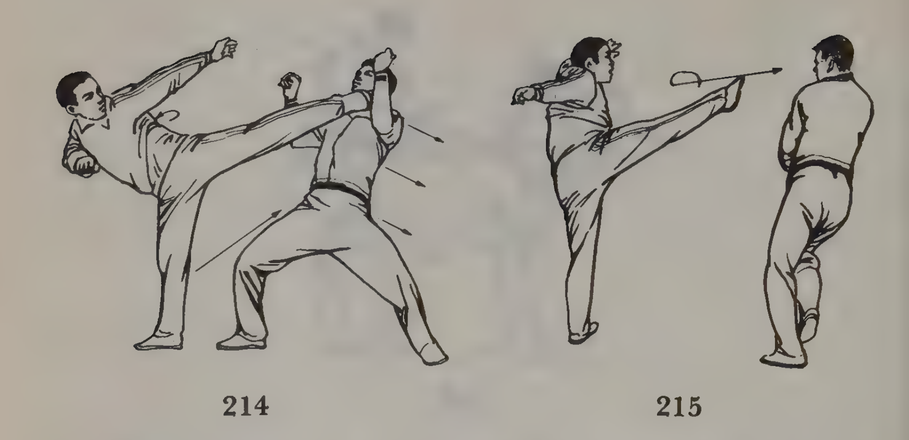
This is a composite leg-attack method aimed at such vital points on the enemy's middle part as the acupoints of *Shanzhong* and *Shenque* and his private parts. It is used in actual combat to attack the enemy in hot pursuit.

Fig. 212

The opponents are facing each other. I engage enemy with a natural posture. Enemy advances to make a short leg attack with left (right) leg.

Fig. 213

Enemy rushes forward after slightly dodging. I strike opening at enemy's belly with right (left) leg using the Viper Lunges at the Belly method.



214　　215

圖214：

敵後遁再避，我向左擰身，左（右）腿向後,踢出轉身窩心腿。

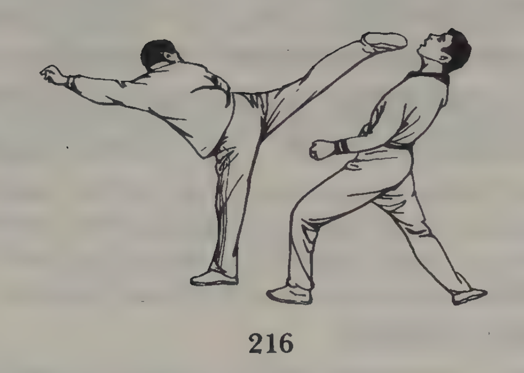
圖215：

上動不停，以再次的向左（右）擰身，取得第二次窩心腿的勢能，攻入敵膻中。敵急擰腰後閃避。

圖216：

此腿如再踢空（一般攻腿至此，敵往往已被擊中），隨即急向左擰身，以腰爲軸，帶動踢出之右腿在空中劃一小弧圈之後，迅即以脚與擊敵面。

至此，敵已基本變盡，受擊而倒地。



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Fig. 214

Enemy retreats and dodges my strike again. I twist my body to left and kick out left (right) leg backward against enemy's stomach while turning the body.

Fig. 215

With above movement still in motion, I twist body further to left (right) to gain momentum for the second leg attack and hit enemy's acupoint of *Shanzhong.* Enemy hurriedly twists waist to dodge away.

Fig. 216

In case I miss the second attack (generally speaking, enemy is hit by now), swiftly turn leftward, with waist as an axis with right leg traversing a small curve in mid-air, to kick enemy's face with heel. Enemy is now at the end of his tether and brought down to the ground.

動作要領：

1. 此動作可分兩步練習。第一步，練短腿接“毒蛇串腹”，第二步再練習擰腰轉體的兩腿。然後，再將二部份合起來練習。

2. 二部份練習之間，應銜接得好，不能有空隙。

3. 應充分利用轉體勢能，增加腿法擊出的速度和力量。

4. 首動的換腿攻擊，要自然、平靜，後面的二腿攻擊，要急驟迅速。

實戰要領：

1. 轉體擊敵，眼睛莫鬆

在轉體時，千萬不能將目標放掉，否則，非旦擊敵不中，而且增加自己的危險性。

2. 連續動作，腿腿緊隨

這連續攻擊的四腿，一旦發出，要一腿比一腿快，決不能讓敵有喘息的餘地。

Essentials:

1. This leg-attack method can be practiced in two steps: First, practice the short leg, followed by the Viper Lunges at the Belly; second, practice the two leg attacks executed during the waist twisting and body turning. And then, practice the two steps in succession.

2. The two steps should be closely connected leaving no gap in between.

3. Make full use of the momentum gained from the body turning to increase the speed and power of the leg strike.

4. The first leg attack should have a naturalness and calmness, whereas the following two leg attacks should be fierce and swift.

Key points in actual combat:

1. Keep eyes fixed on the target while turning your body.

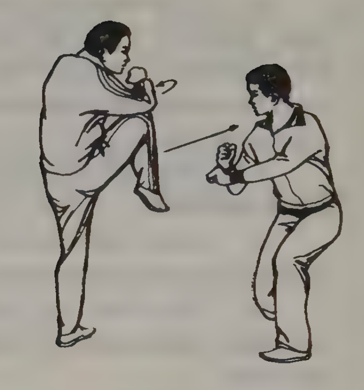
Acting otherwise means not only failure to hit the enemy, but exposing yourself to dangers.

2. Maintain continuity of the movements, with one attack closely following another.

Once the leg attack begins, the four successive kicks should be executed at an ever increasing speed, to prevent the enemy from having a breathing spell.



217



218

六十四、雄獅戲爪

此腿法是由單側腿在短時間內連續完成四種腿擊法的組合動作，在實戰中有較大的實戰意義。雄獅戲爪是僅用一條腿擊敵的一系列腿法組合中的一種。此類腿擊法運用好壞是非常能夠顯示功力的。

圖217：

自然姿態接敵，我以右（左）腿擊敵陰部。

圖218：

敵下護兩臂，我腿提起收回，以膝爲軸，小腿隨即內收。

圖219：

敵正欲撲，我腿片馬擊頭。敵矮身避過。我腿踼空。越敵頂而過。



219

64. THE LION PLAYS WITH ITS CLAW

This is a composite leg-attack method composed of four successive different leg attacks executed by the same leg at one's flank over a short period of time. It is of great use in actual combat and is one of the series of composite leg-attack methods executed with only one leg. A combatant's skill is very well reflected in the execution of this kind of leg attacks.

Fig. 217

I meet enemy with a natural posture. Strike enemy's private parts with right (left) leg.

Fig. 218

Enemy lowers arms to protect himself. I raise and withdraw shank inward, with knee as an axis.

Fig. 219

Enemy is about to charge forward. I kick out leg using Mounting the Horse and Striking the Head method. Enemy evades strike successfully by lowering body. My leg, missing the target, passes above enemy.



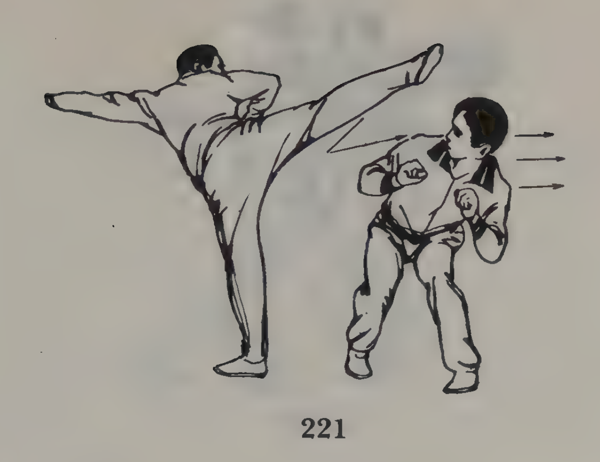
220

圖220：

我隨即向右（左）擰腰，以右（左）腿後踵擊敵後腦。

圖221：

敵後遁化解。



221

Fig. 220

Twisting waist to right (left), I strike back of enemy's head with right (left) heel.

Fig. 221

Enemy dodges by retreating.



222

圖222：

我進身迫進，仍以此腿擊敵陰部。

圖223：

至此，敵已無法再行躲避，必中。

動作要領：

此腿法全部由一條腿完成腿擊動作，需要有較好的柔韌性和控制能力。是力量、速度、協調、爆發力等諸專項身體素質結合的高度體現，是很重"功夫"的一種腿擊方法。因此，要踢好此腿，必須有較堅實的基本功夫。

實戰要點：

此法如能靈活運用，可協助前面所述的各種腿擊方法，增加在實戰中的變化，俾使自己所練之腿法，運用自如，出神入化，以達日臻完善，爐火純青的境地。



223

Fig. 222

I advance to close further in on enemy and strike his private parts with same leg.

Fig. 223

Unable to dodge any longer at this point, enemy is hit.

Essentials:

As all the moves in this leg-attack method are executed by the same leg, a combination of pliability and toughness as well as an ability to control are required.

Successful execution is a concentrated reflection of a combination of such special physical qualities of a combatant as strength, speed, coordination and explosiveness. It is a leg-attack method which has its stress very much on "skill." Successful execution of this method, therefore, requires good basic skills.

Key points in actual combat:

Flexible use of this leg-attack method enables the combatant to effect a more flexible and dexterous employment of all 64 leg-attack methods in actual combat, so that he can have every leg-attack method at his command and reach the acme of perfection. (The End)

《少林六十四腿擊法》後記

《少林六十四腿擊法》在倉促中完成了。我調到了浙江中醫藥研究所氣功研究室，這就是說，對我數十年來學習的技術，在應用上有了一個重大的改變；即從研究如何將對手盡可能地在最快的速度，最短的時間，最佳的角度，最有效的手段將其擊倒而轉變爲如何使人減少痛苦，治愈頑疾，增進健康，提高體質，延年益智而造福於人，這的確是一個重大的戰略轉移。但是，對於“技擊”這一祖國的寶貴文化遺產，我還是要加以總結的。從小我們就結下了不解之緣。這本小册子就是在這樣的指導思想下誕生的。

腿擊有六十四法，這個數已算不少了，但在我學習的內涵裏，還不是全部，尚有三十二法地趟腿擊和十二法絕命腿。也許有讀者學到更多的腿擊方法。腿擊也並非是實戰的唯一手段。在實際搏鬥中，除了腿擊之外，用拳打；用摔跤法互相撲擊；施擒拿術互相制服，以及滿地翻滾的地趟術；以肘、膝爲主的近戰術；主動倒地後的反擊等等，構成了中國技擊術的豐富多采的內容，在實戰時相機施法，佔得主動。靈活而巧妙地施用踢、打、摔、拿、撲、推、撞等技擊七法，這就是我們在實戰對抗中至關重要的。本書即是在這七法中，着重介紹了腿擊法。腿擊各招之重要自不待言，重要的在於對其餘各法，也不應偏廢。實踐散打時，全面協調，借機得勢，以運行自如，隨機而發，穩操勝券。

這裏向讀者介紹的是金剛禪自然門的技擊內涵，這是一個以氣功爲基礎的武術流派，其所有的包含內容，皆以㊣形指樣來加以解釋，並且，只有深刻、透徹的理解這些有關的原理，技擊和氣功才

能學得好，用得好。但是，本書對每一腿法，僅僅作了動作的初步介紹，尚未進入實戰分析和金剛禪理的解剖,這留待於以後補述了，特向讀者致以深深的歉意。

本書在初稿時，曾在一些朋友們中間傳閱，他們常常提出一些問題，其中有問：這六十四腿擊法中，那一個腿法最好、最實用？我回答，應用於實戰的動作，無論在別人身上表現出某一個動作的精湛超絕，你學了之後，必須有一個融化、理解，實踐中驗證的過程。任何好動作，只有當它在你自己的實踐中能夠得心應手時，才會發揮它的威力。這本《六十四腿擊法》對於一個初學散打，對於一個武術愛好者來說，你學習了之後，有多少收獲，我不敢說。因爲，我無法校正你的動作，也沒有機會在你的散打實踐中，具體的加以解剖和共同探討。但我希望通過這本小書的介紹，對你有所幫助和啓發。對於許多武術專業工作者，武術前輩,那我更只能表示：拋磚引玉，並敬請多多提出寶貴意見和勿吝賜示,以幫助我的提高。

儘管我已開始由從事武術工作轉到了專職研究氣功，但我還是想在近十年中，將《金剛禪自然門介紹》中所列的各項技術，加以總結，整理成稿，以使這門罕見的祖國文化遺產，不致湮沒。

謝謝各位閱讀本書，並請提出寶貴意見。

王　信　得

一九八二年三月

Postscript

There are 64 leg-attack methods in the Shaolin martial arts, and this number is already big enough. However, as far as I have learned, this is not a complete connotation. Apart from the 64 methods, there are 32 leg-attack methods on the ground, 12 fatal leg-attack methods, and probably there are still many more. Leg-attack is not necessarily the only tactic used in actual combat. Besides leg-attack, there are fist-punching, wrestling, catching, rolling, close combating with elbows and knees, counterattacking by lying on ground etc., and all these have enriched the Chinese combat arts. But in actual contest, what is vital is that you must try to prevail over your opponent by applying these skills as opportunities arise, and using the Seven Methods — kick, hit, throw, catch, bounce, punch and bump — nimbly and ingeniously. This book deals specially with leg-attack skill among the seven methods. Certainly there is no need for me to narrate its importance. But what is more important, you should not overemphasize leg-attack to the neglect of the other six. In actual combat, if you can coordinate all your movements, get an upper hand over your opponent by correctly using the opportunity and applying these skills superbly, then you are sure to win.

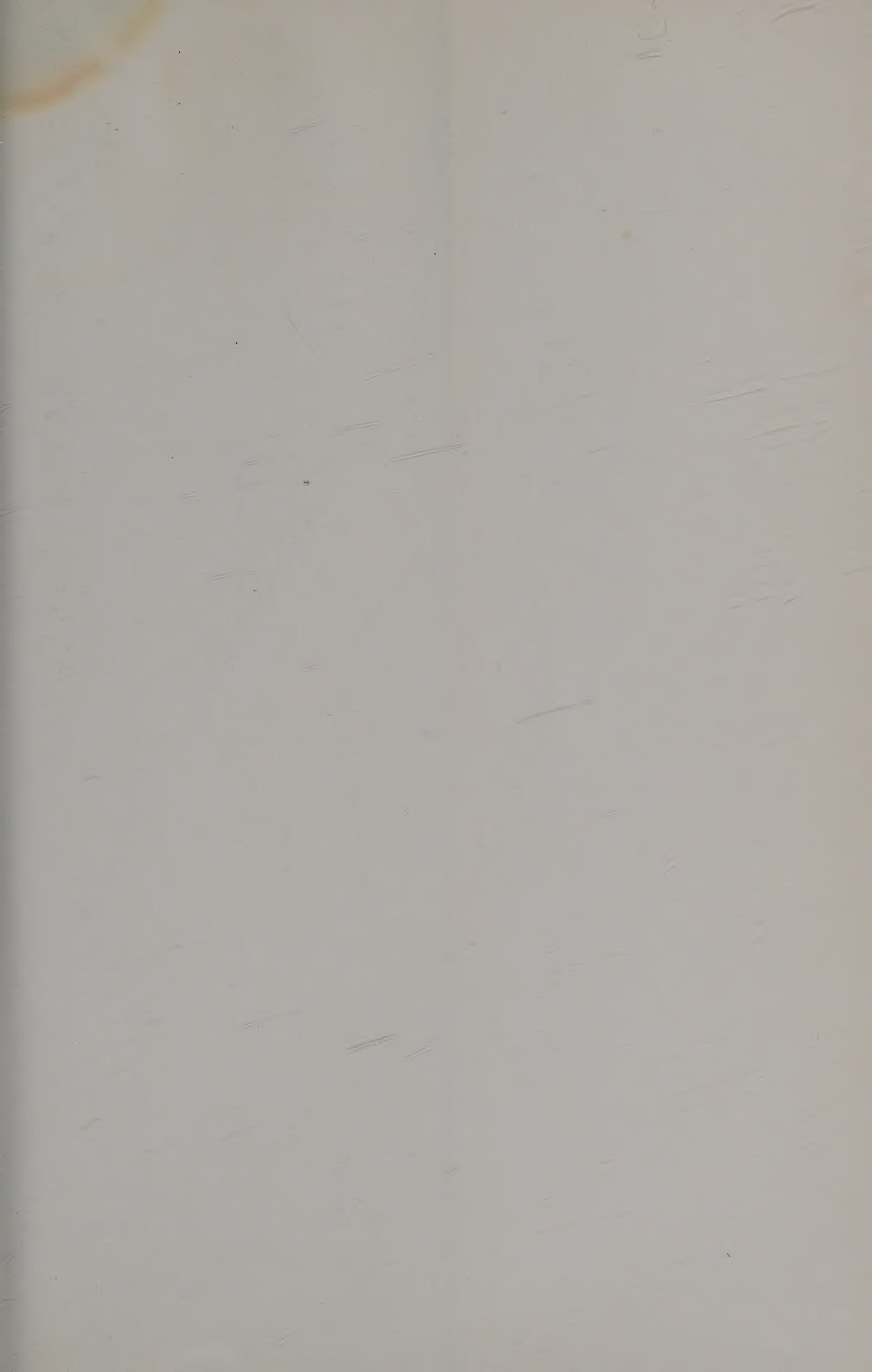
What this book has introduced to you is the connotation of combat arts of the *Jingang-Chan* Natural School. This school is based on *Qigong*, the breathing exercise, and all its content is explained by the figure of a circle with two dividing curves ㊋ . Moreover, only by comprehending the relevant principles thoroughly and profoundly, can you learn the combat skills and *Qigong* well and use them smoothly. But this book has only given you a preliminary introduction to each of the leg-attack methods. The analysis of actual combat and dissection of *Jingong-Chan* theories are yet to be made in the sequel of the book. For this reason and the inconvenience arising therefrom, I express my deep apologies to the readers.

During the first draft, the manuscript of the book was passed round among some of my friends. They often raised questions, such as, which is the best and most practical one among the 64 leg-attack methods? My answer is that for whatever practical and consummate skills which have been used by other people perfectly, you must go through the process of learning, understanding, comprehending and testing in your own practice. Skills, however superb they are, can turn mighty only when you use them correctly and smoothly in the actual combat. To a beginner or *Wushu* lover, I can't assess how much this book will benefit him. The reason is that I am unable to put his movements right, and dissect and study these methods with him during his training. I hope, however, that you will find the book helpful and enlightening. As to many professional *Wushu* players and *Wushu* masters of the older generation, I cannot but say that this book is only casting a brick to attract jade, i.e. by my offering of such commonplace introduction, they will come up with their valuable suggestions, which in turn will help me in raising my standard.

I have been transferred from *Wushu* work to *Qigong* study. However, I still want to sum up and systematize all the skills as described in "The *Jingang-Chan* Natural School of the *Shaolin* Martial Arts" in the next ten years, so that this rare cultural heritage of China will not sink into oblivion.

I wish to thank you all for reading this book and warmly welcome your valuable suggestions.

Wang Xinde

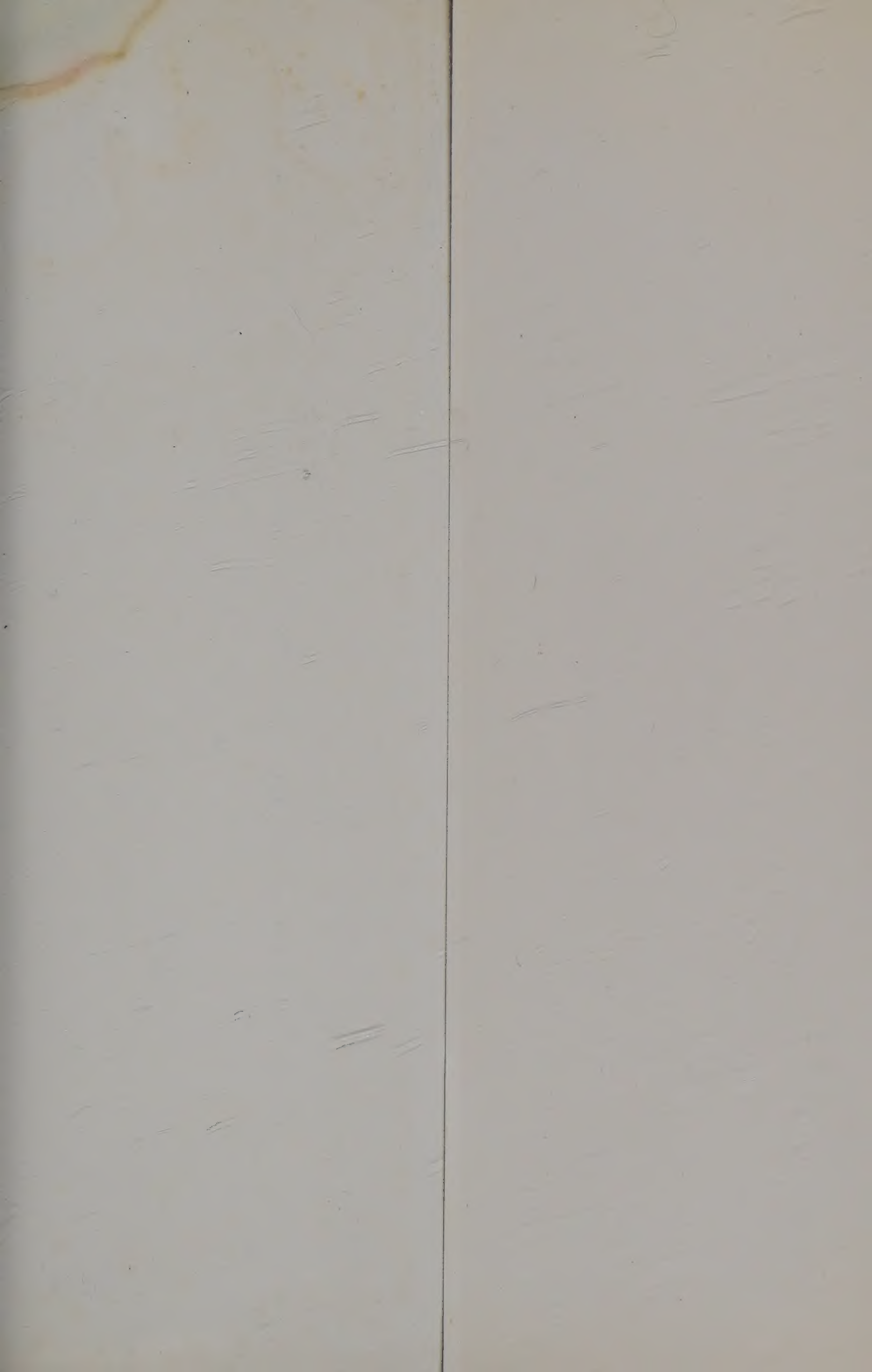


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I wish to thank you all for reading this book and warmly welcome your valuable suggestions.

Wang [illegible]





醉酒拳，是中國武術的象形拳術。舞練時步法踉蹌，身形飄忽，時而擧杯自酌，時而顛扑醉倒。由於它的運動形式如此別緻，致使這一拳術能流傳至今。

醉酒拳的特點是：寓拳法於醉形，藏機關於跌扑，練習醉酒拳，對發展身體各部肌肉的力量、各部關節的靈活、各部韌帶的伸長和鞏固及對血液循環器官、呼吸器官等內臟器官起着積極的鍛練作用。

本書對如何學習這種拳術有詳細的文字及圖說明。大卅二開平裝本，全書一百六十頁。

Zuijiuquan (A Drunkard's Boxing) is a pictographic boxing in Chinese Martial Arts. As the name connotes, it contains movements depicting a person in a drunken state. The characteristic features of Zuijiuquan are: the skill of boxing resides in drunkeness and the scheme of pugilism hides in pouncing and falling. These help strengthen muscles, and are also beneficial to the internal organs of the body. Therefore, it is a good exercise for fitness building.

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